



Social Distancing What is it? How can I do it?

As the Coronavirus (COVID-19) situation continues to expand and changes quickly “social distancing” is a new term for many of us.

What is social distancing?

Simply put, “social distancing” means, “stay away from others as much as possible.”

People should maintain six feet of distance between each other to help mitigate the spread of COVID-19

Keep at least six feet between you and other people.

Avoid shaking hands as a social greeting.



How can I practice social distancing?



Stay home as much as possible.



Visit family and friends using technology- Facetime or Skype



Stop handshaking- use other non-contact methods of greeting.



Work from home if possible.



If you can't work from home- stay 6 feet away from co-workers as much as possible.



Cancel or re-schedule unnecessary appointments, meetings and get togethers.



Limit trips to the grocery store, if you must go, go at times of low traffic.



Avoid social visits for now. Once again, think virtual — maybe have a Facetime dinner party with friends.