What is social distancing?

Social distancing means keeping space between you and other people who do not live in your home. It is also called "physical distancing."

Why is social distancing important during the COVID-19 pandemic?

Social distancing helps slow the spread of COVID-19 and can help prevent you and others from getting sick.

Do I need to socially distance if I have been vaccinated against COVID-19?

If you are fully vaccinated, you can resume some activities you did before the pandemic, like gathering around other fully vaccinated people without social distancing. The COVID-19 variants spread more easily than the original COVID-19 virus, so be careful around other people where COVID-19 rates are high. Wear a mask indoors where COVID-19 rates are high.

How can I do social distancing the right way?
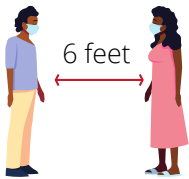
Stay 6 feet away from others when you go outdoors
- 6 feet is about two arm lengths.
- Wear a face covering over your nose and mouth, even when 6 feet from others.

Safely run errands
- Only go to the store for essential items. Get groceries once per week, at most.
- Stay 6 feet away from others and always wear a face mask when running errands.
- Use drive-thru, delivery, or curbside pick-up services when possible.
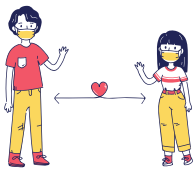
Choose safe social activities
- Use video chat or social media to stay connected with friends and family.
- If meeting others in person, choose a small outdoor gathering.
- Stay at least 6 feet from others who are not from your household and keep your mask on.
- Meeting without masks is okay for a fully vaccinated group.

Keep distance at events and gatherings
- Avoid crowded spaces and large gatherings of people.
- Wear a mask and keep at least 6 feet between yourself and other people.
- Shorter gatherings are less likely to spread COVID-19.