

# Coronavirus Disease 2019 (COVID-19): Social Distancing

Office of Community Health, Equity and Wellness

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COMMUNITY HEALTH, EQUITY & WELLNESS

# Why is it important to stay home and practice “social distancing?”

- Social distancing means keeping space between you and other people who do not live in your home
  - Staying home
  - Keeping at least 6 feet away from others who do not live with you
  - Limiting groups of people coming together
  - Canceling events
- COVID-19 spreads when you get too close to someone who is infected
- Social distancing helps slow the spread of COVID-19
  - Everyone has a different level of risk, but all of us can get and spread COVID-19
  - People who are infected but do not show symptoms can spread the virus

# How to do social distancing the right way:

- Stay home except if you must go to work, get groceries, or other essential items
- Stay at least 6 feet away from others when you go outdoors, even when wearing a face covering
- Do not gather in groups
- Stay out of crowded places
- Get groceries once per week at most
  - Consider grocery delivery or mail-order medications
- Avoid small gatherings of friends or family, don't have children's playdates
- Cover your mouth and nose with a cloth cover when you go outdoors. If you don't have a proper face mask, use a scarf or bandana or other covering.



# Social Distancing After Stay-At-Home Orders

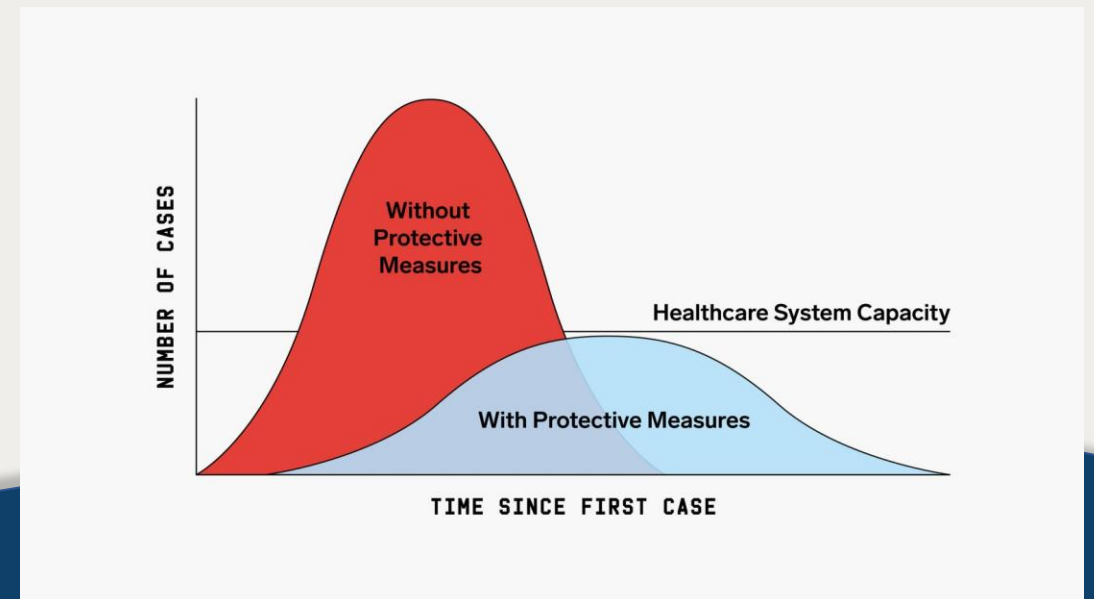
- Even without stay-at-home orders, it is still important to practice social distancing to help limit the spread of COVID-19
  - Always wear your face mask or cloth covering when leaving the house
  - Stay away from crowded places
  - Reduce the amount of trips you make to get groceries and other goods
  - Stay 6 feet away from other people when you leave your home



# What does it mean to “flatten the curve?”

- Health care systems have a limited amount of resources
- If too many patients get COVID-19 at the same time, our system will not have enough staff, space, equipment, and time to treat them all
- Social distancing will result in less COVID-19 cases overall, as well as the cases being spread out over a longer period of time, instead of all at once

**Flattening the curve means to allow our healthcare system the time and resources to treat more people, resulting in fewer deaths**



# Things to do while social distancing

- Call or video chat with loved ones
- Walk, jog, bike outside (stay 6 feet away from others)
- Write in a journal or read a book
- Take time for prayer or meditation
- Get plenty of rest
- Do an online yoga or exercise class
- Have a family game or movie night

