



Social Distancing

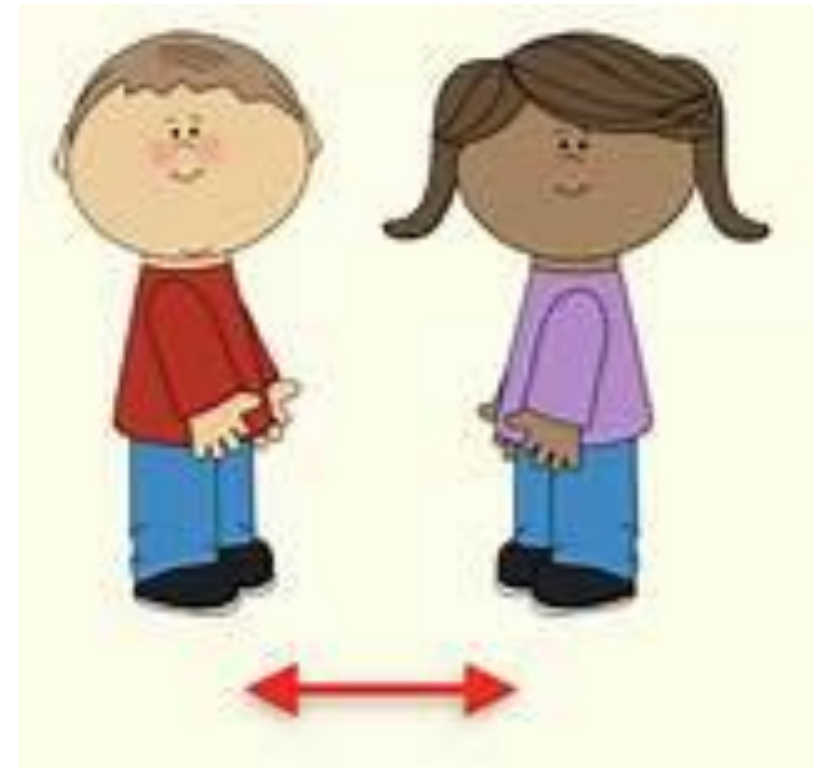
AN EFFECTIVE INTERVENTION TO STOP A PANDEMIC

What is Social Distancing?

Social Distancing is the practice of maintaining a greater than usual physical distance from other people and/or

Avoiding contact with people or objects in public places during the outbreak of a contagious disease

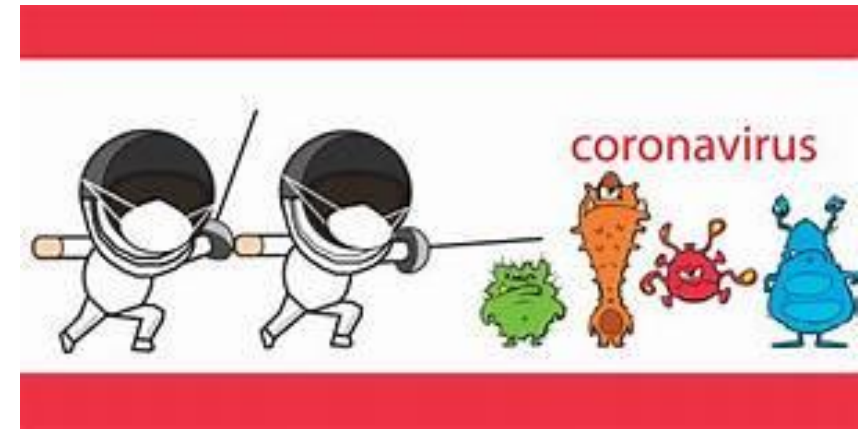
-Miriam-webster.com



Why is Social Distancing Important?

According to the Centers for Disease Control:

Social Distancing can be the most effective way that a community can protect itself from a pandemic's negative impact



What else can I do to help stop the spread?

- Wash hands often
- Do not touch your face (especially mouth eyes ears)
- Wear a mouth covering like a mask, scarf, or bandana
- Cover your cough
- If you are sick stay home!



**Cover
your
cough.**



**If you're
sick, avoid
public
gatherings.**



**Wash
your
hands.**



**Avoid
touching
your eyes,
nose or
mouth.**

How do I practice Social Distancing?

- Stay home as much as possible
- Limit visitors to emergencies only
- Avoid public gatherings such as school, work, parties, and religious gatherings
- Maintain a minimum distance of 6 feet from others

