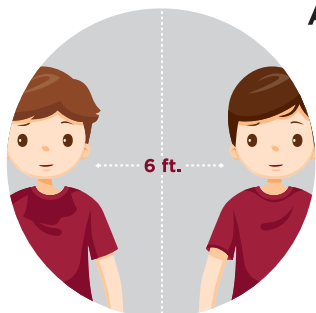


# Social Distancing: Keep Your Distance to Slow the Spread of COVID-19



## Avoid close contact

- Avoid close contact with people who are sick.
- Stay home as much as possible.
- Put **distance between yourself and other people.**
  - Remember that some people without symptoms may be able to spread virus.
  - Keeping distance from others is especially important for people who are at higher risk of getting very sick.

## Avoiding close contact with others is the best way to reduce the spread of coronavirus disease 2019 (COVID-19).

It is important to avoid close contact with those at higher risk of contracting COVID-19 such as:

- adults 60+
- those with compromised immune systems
- those with underlying medical conditions

and also those who are more likely to be asymptomatic carriers of the illness such as:

- children (including grandchildren)
- young adults

## What is social distancing?

Social distancing, also called “physical distancing,” means keeping space between yourself and other people outside of your home. To practice social or physical distancing:

- Stay at least 6 feet from other people (even at groceries stores and pharmacies)
- Do not gather in groups
- Stay out of crowded places and avoid large gatherings (10 or more people)
- Work from home when possible.
- If possible, avoid using any kind of public transportation, ridesharing, or taxis.

When COVID-19 is spreading in your area, everyone should limit close contact with individuals outside your household in indoor and outdoor spaces.

**Stay connected while staying away.** It is very important to stay in touch with friends and family that don't live in your home. Call, video chat, or stay connected using social media. Everyone reacts differently to stressful situations and having to socially distance yourself from someone you love can be difficult.

Source: [www.cdc.gov](http://www.cdc.gov)