

COVID-19 Facts: Why Social Distancing?

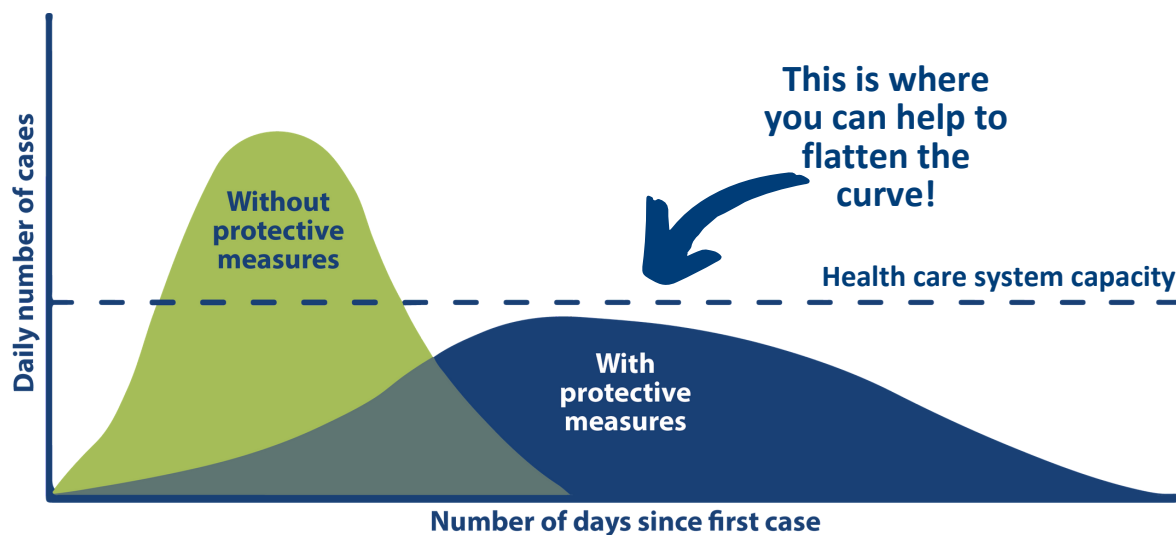


What is social distancing?

Social distancing is a measure put in place to slow down or stop the spread of a contagious disease. On a large scale, social distancing can include limiting gatherings of 50 people or more, canceling events, and closing buildings. On a small scale, these protective measures can be as simple as practicing good hygiene habits and avoiding nonessential, in-person socialization.

What purpose does social distancing serve?

Protective measures like social distancing are scientifically proven to "flatten the curve" or decrease the daily number of cases of a contagious disease. Mass gatherings of 50 people or more during an outbreak have the potential to result in a large number of ill people. These large numbers can quickly overwhelm local hospitals and clinics. By following the recommendations from the Department of Health Services and the Centers for Disease Control and Prevention, you hold the key to slowing the spread of COVID-19.



What can I do right now?

You play an important role in the containment of COVID-19. Here are some ways that you can slow or stop the spread to yourself and others:

- Wash your hands regularly for at least 20 seconds.
- Cover your nose and mouth when you cough or sneeze.
- Keep a personal radius of six feet around yourself.
- Limit your nonessential travel and social gatherings.
- Regularly clean and disinfect commonly used surfaces and objects.

If you or someone you know is elderly or part of a high-risk population, take extra precaution and adopt these social distancing measures over the next eight weeks to protect you and your loved ones.