

# What Does Social Distancing Mean?

Social distancing means to put physical space between you and other people to help slow down the spread of illnesses. During this pandemic, it is critical that **EVERYONE** do their part to slow the COVID-19 virus. not just those at risk.

## How does social distancing help?



Helps break the chain of spread.

Practicing social distancing will also limit your risk of exposure to an infected person or surface.

## How can you do your part?



Stay home.

Cancel any events or gatherings taking place outside of your home or with more than 10 people.

Keep your family at home as much as possible.

## Can I visit my parents or grandparents?



Older adults are considered to be more at risk, so if the visit is not essential—like visiting to assist them—avoiding physical contact with them will keep them safer from COVID-19.

## Can my close friends come over to visit?



No, do not have friends or other family members over and do not go to their homes. Try to avoid all social visits for now.

It is still important to keep in contact with loved ones during this time. Try to use virtual methods like video calls to connect with friends and extended family.

## Can the kids have a sleepover or a playdate?



Children should not have playdates or sleepovers with children from other homes. Children can play outside, but it is very important they remain **6 feet** apart from other children.

The key to slowing down the spread of COVID-19 is to limit contact as much as possible.

## How do I go to the grocery store in a safe way?



Go when it is less likely to be crowded.

Wipe down the shopping cart handle with a disinfectant wipe.

Do not touch your face with your hands while you're at the store.



Stay 6 feet away from other shoppers.

Wash your hands when you get home.

### Sources:

WHO - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

CDC - <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>