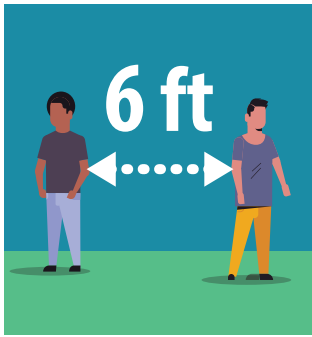


# Social Distancing

Social distancing means that you should **avoid close contact** with healthy people. If you are sick, you can help stop the spread of disease by social distancing. If you are healthy, you can help prevent yourself from getting sick. Social distancing is recommended if Coronavirus Disease 2019 (COVID-19) is spreading in your community. Local news media and your public health department will announce when the disease is spreading locally.



**Stay about 6 feet, about two arm lengths, away from other people.**

- » Avoid hugging and handshakes during this time.

**Avoid big crowds when you can.**

- » Sometimes this won't be possible.
- » If you need to be in a line or a group of people, try to keep about 6 feet of distance from them.



**Find ways to maintain important connections with friends and family members even while staying physically apart**



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)