

# What is social distancing?

Put simply, it means avoiding crowds when possible to help stop or slow down the spread of a highly contagious disease.



## What are social distancing measures?

- For an individual, this could mean maintaining enough distance between yourself and another person (**generally, 6 feet**) to reduce the risk of breathing in droplets that are produced when an infected person coughs or sneezes.
- In a community, social distancing measures may include limiting or cancelling large gatherings of people.

## How can I practice social distancing?

- ✓ Maintain distance between yourself and anyone who is coughing or sneezing.
- ✓ Avoid handshaking, hugging or other intimate types of greetings – greet others with a wave, nod or bow instead.
- ✓ Avoid non-essential travel.
- ✓ Avoid crowds, especially in poorly ventilated spaces.
- ✓ Know your employer's policies for telecommuting/working from home, should that become necessary.
- ✓ Stay home if you are sick.
- ✓ Avoid visiting hospitals, long-term care facilities or nursing homes unless there is a medical need to do so.