



What is Social Distancing?

Social Distancing means you reduce your close contact with other people to prevent the spread of illness.

- Mostly stay at home, except for necessary activities such as work, grocery shopping, health care appointments, etc.
- If you are at high risk for severe illness (elderly, have lung conditions, heart disease, diabetes, immunosuppression, etc.), you need to be especially careful to limit your contact with others.
- If you have a household member or are caring for someone at risk for severe illness, you also need to be especially careful to limit your contact with others.

This COVID-19 situation will last for many weeks, and as humans we do need companionship with others. So, **if you choose to interact with others in person:**

- **Anyone with any illness (even just a cold) needs to stay at home!**
- Spend time outdoors with friends. Go for a walk; set up a couple chairs outside, bundle up in a blanket and have coffee together; kick around a soccer ball; etc..
- Consider selecting a couple friends and agree to only hang out with each other.
- When around non-household members, try to stay 6 feet away when possible. Eat across from each other at the dinner table or sit across the room while visiting.
- DO NOT hang out in groups. The more people, the greater the risk of exposure.
- Avoid sharing small enclosed spaces, such as a car.

Be sure to check in with friends, family and neighbors who may be isolated – you can call or Facetime or talk to them from across the porch. Fear, loneliness, boredom, frustration and depression can be common in these situations and we still need the emotional support of our community.

If you know of someone who needs help getting food, medications, healthcare, etc. call the health department at 231-256-0200.