



# PRACTICE PHYSICAL DISTANCING

## Slowing the spread of COVID-19 starts with you - we can all do our part.

Social distancing, or physical distancing, refers to a number of actions we can take to mitigate the spread of COVID-19 by minimizing close contact with others.

### Physical Distancing in Practice



#### MAINTAIN A SAFE DISTANCE

Maintain a safe distance from other persons in public or social settings, and observe established protocols at your site.

#### AVOID GROUP SETTINGS



Avoid social gatherings, and group or crowded settings. Take appropriate measures if a task at work will require being in close proximity with someone else. When in doubt, ask your supervisor.

#### REMAIN AT HOME IF FEELING SICK



If you or a household family member experience flu-like symptoms, do not leave your home and contact your healthcare provider. Remain at home as much as possible, even if you are symptom free.

#### PROTECT THE MOST VULNERABLE



Protect the most vulnerable members of our communities, including older adults and those with underlying conditions, by maintaining physical distancing and avoiding visits to facilities such as nursing homes.

### Remember to Practice Good Hygiene

#### WASH YOUR HANDS



Wash your hands thoroughly for 20-seconds with soap and water.

#### COVER YOUR COUGH OR SNEEZE



Cover your cough or sneeze with a tissue, then throw the tissue in the garbage and wash your hands. If you don't have a tissue, sneeze or cough into your sleeve or arm.

#### AVOID TOUCHING YOUR FACE



Don't touch your eyes, nose, mouth, or other parts of your face if your hands are not clean.

#### SANITIZE HIGH TOUCH SURFACES



Frequently clean and disinfect high-touch surfaces using either household cleaners or diluted bleach.