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.