Slow the Spread of COVID-19

COVID-19 (coronavirus) spreads when someone comes into contact with the respiratory droplets from someone infected with the virus. This commonly occurs in two ways:

- Through direct contact (hugging, kissing, shaking hands, sharing drinks or caring for someone with COVID-19).
- By being within 6 feet of someone with COVID-19 (coughing, sneezing, talking, touching the same objects).

Physical distancing minimizes the chance of spreading infection from someone who is sick.

You and Physical Distancing

Spread out to stop the spread.

- Maintain a 6-foot distance from others.
- Avoid crowded places like cafeterias and elevators.
- Avoid groups of 10 or more.
- Avoid contact with people who are sick and strangers.
- Avoid having people over to your home.

Shop smarter.

- Get delivery or takeout.
- Shop online.
- Avoid shopping in person during peak hours.

Stay home.

- Work from home if possible.
- Turn meetings into phone calls or video conferences.
- Avoid the gym.
- Follow visitor restrictions at hospitals.
- Avoid going to other homes especially if you feel sick.

Skip public transportation.

- And don’t travel to areas with active outbreaks of COVID-19.

Your Community and Physical Distancing

Limit large groups.

- Cancel mass gatherings like concerts and sporting events.
- Suspend in-person classes at schools and universities, and move them online if possible.

Close congested areas.

- Shutter public places where people gather, including bars, restaurants, libraries and museums.

Physical Distancing Saves Lives

Physical distancing:

- Protects at-risk populations, such as infants, elderly and people with other medical conditions, by decreasing their chance of exposure to the virus.
- Helps reduce a surge of patients and allows health systems to maintain enough supplies and personnel to provide proper care for those who are ill.