

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).



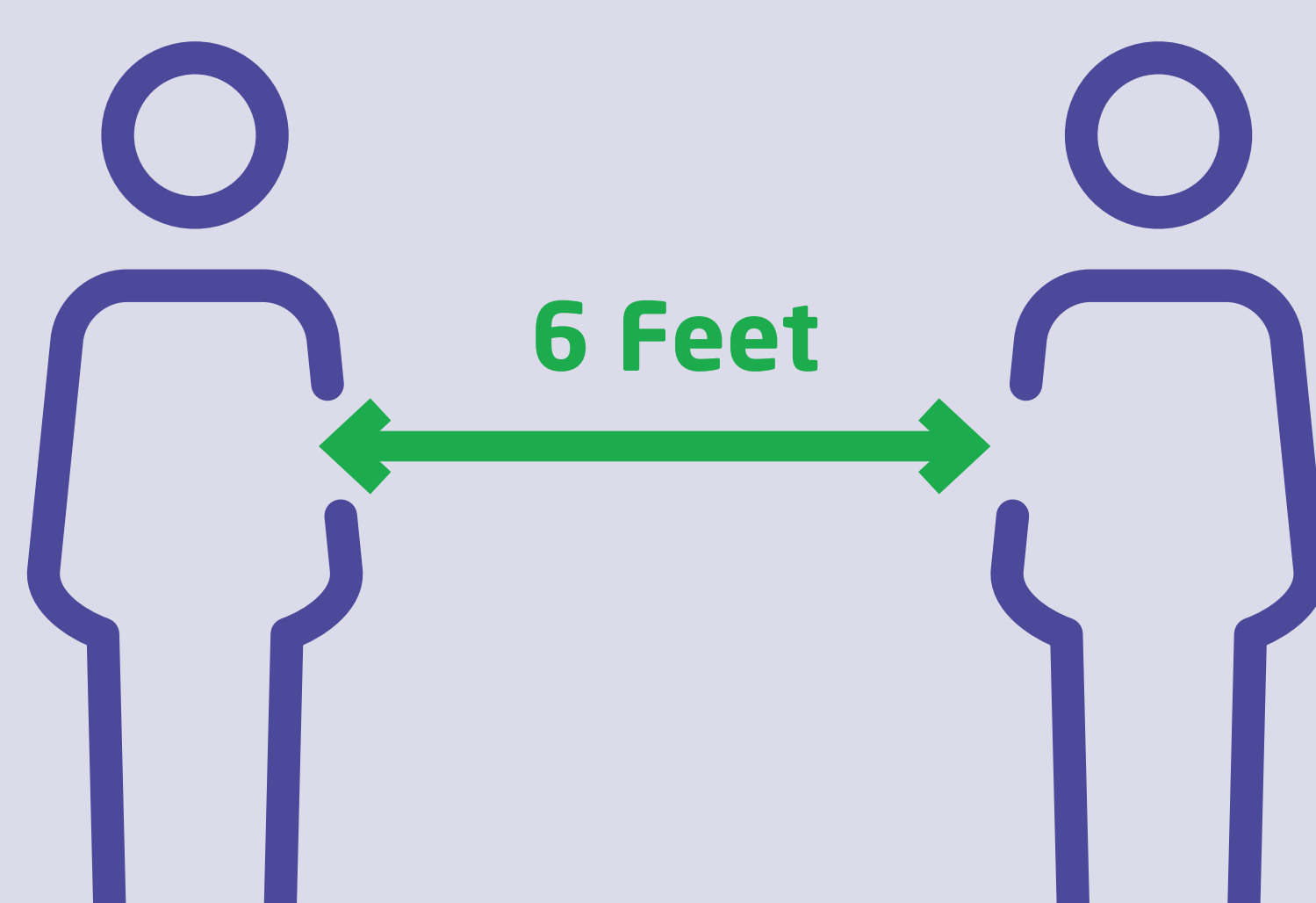
- By being within 6 feet of someone with COVID-19 (coughing, sneezing, talking, touching the same objects).

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**.

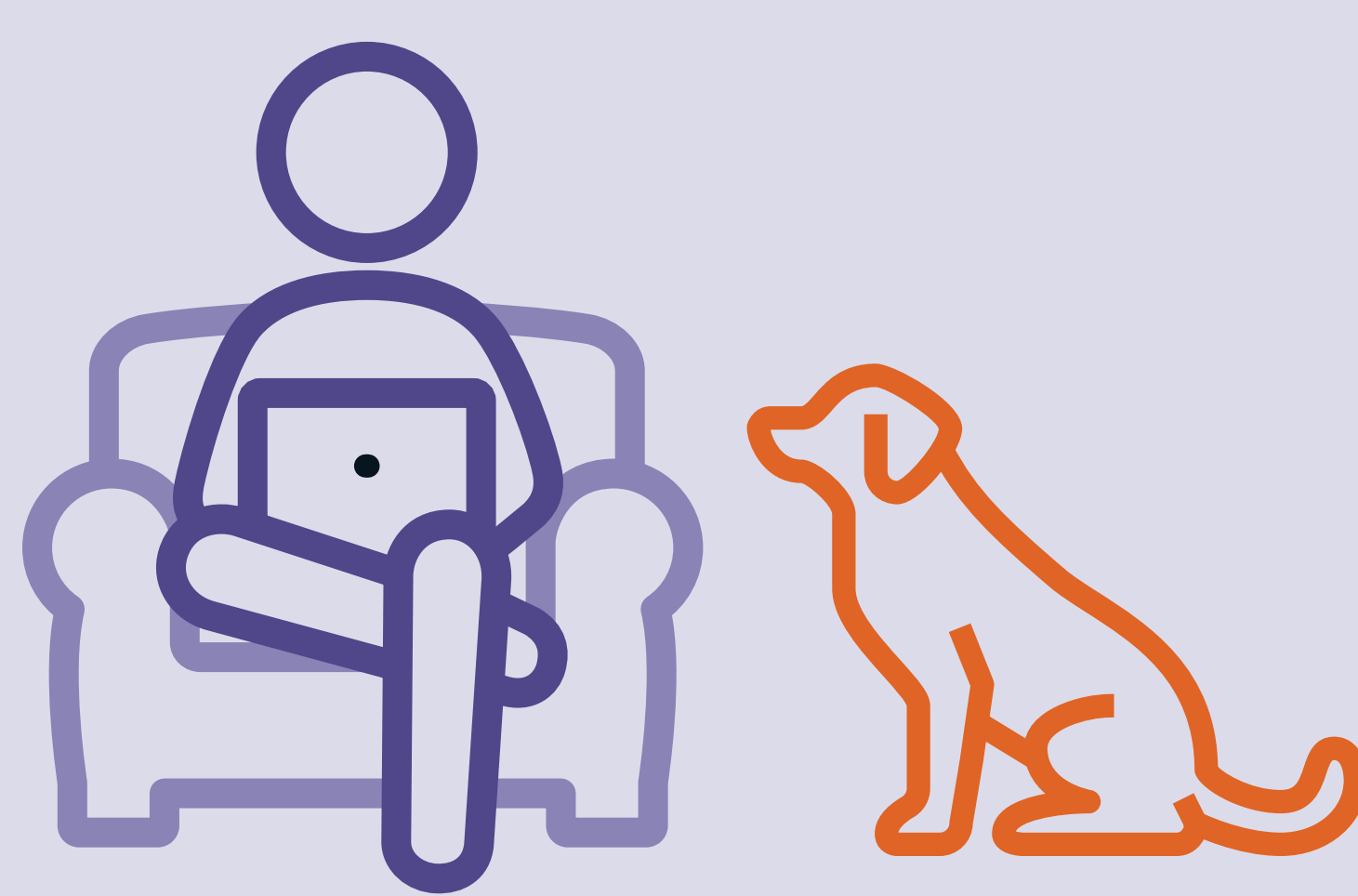


Shop smarter.

- 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.

Sources:

http://www.dph.illinois.gov/sites/default/files/COVID-19_SocialDistancing.pdf

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>