

GUIDELINES FOR PRACTICING SOCIAL DISTANCING

The best way to mitigate community spread for now is to practice social distancing. Outings should be limited to get food, prescriptions, and needed supplies. Social distancing means avoiding gatherings and keeping 6 feet between you and others that are not in your household. Visits from friends and relatives can be done virtually. Explaining this to your children and teens can be difficult, but it is imperative to keep them safe and healthy. Staying home does not mean you cannot spend time outside, as long as you are avoiding close physical contact. Going for walks and getting fresh air and exercise is a healthy activity. For seniors and those with underlying medical condition it is imperative to take measures to reduce your risks of exposure.

- If you cannot work from home, increase the space between coworkers and practice good hygiene.
- People need to wash hands frequently: 20 seconds of washing with soap and water is recommended over hand sanitizer because hand sanitizer may be in short supply.
- Avoid touching your face unless you are washing your face. Sanitizing counter tops, toilet handles, doorknobs, handrails, keyboards, cell phones, etc. is also important.

Going forward, we all must adopt a mindset that we will be living life differently – for several weeks and even months.