

Roadmap to Physical Distancing and Staying Safe

Physical distancing, also called social distancing, is a public health measure that can reduce the spread of a communicable disease. Droplets from a sneeze or cough can travel 6 feet or more. By keeping at least 6 feet between yourself and others, you create a “barrier” of physical space to reduce the risk of spreading viruses, such as the coronavirus that causes COVID-19.



MAINTAIN DISTANCE

Keep at least six feet between yourself and others.



MEET VIRTUALLY

If possible, meet using Microsoft Teams, Zoom or Skype.



CLEAN AND DISINFECT

Wash or wipe down high-touch surfaces with soap and water or disinfectant.



WEAR YOUR MASK

Cover your mouth and nose with a mask, especially within 10 feet of others.



TAKE A SOLO BREAK

Avoid common eating and break areas, seeking alternate locations when you can.



GET CREATIVE AND MINDFUL

Watch out for old habits and think of new ways of doing things.



WASH OR SANITIZE HANDS

Use hand sanitizer or wash with warm water and soap for 20 seconds.



AVOID CROWDED ELEVATORS

When possible, take the stairs.



DON'T CONGREGATE

Resist going to places where groups often gather.



COVER COUGHS AND SNEEZES

Cough or sneeze into elbow or tissue.