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.

- **Meet Virtually**: If possible, meet using Microsoft Teams, Zoom or Skype.
- **Maintain Distance**: Keep at least six feet between yourself and others.
- **Cover Coughs and Sneezes**: Cough or sneeze into elbow or tissue.
- **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.
- **Don’t Congregate**: Resist going to places where groups often gather.
- **Avoid Crowded Elevators**: When possible, take the stairs.
- **Wash or Sanitize Hands**: Use hand sanitizer or wash with warm water and soap for 20 seconds.
- **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.