



## Social distancing

# What, why, and how?

Social distancing means putting space between yourself and other people. In this case, 2 metres (6 feet) or more is the recommended distance. It also means avoiding contact with other people as much as you can. So if possible:

- ✔ Work from home, and keep your kids at home.
- ✔ Don't travel if you don't have to, and avoid public transportation if you can.
- ✔ Limit shopping to essentials, like food and medicines.
- ✔ Avoid eating in restaurants. (You can still get takeout or food deliveries.)
- ✔ Avoid gatherings of more than 50 people.

## Why is it important now?

Social distancing is the best way to reduce the spread of COVID-19. This virus seems to spread from person to person through droplets from coughing and sneezing. So if you keep your distance from others, you're less likely to get it or spread it.

And social distancing is important for everyone, not just those who are at high risk of infection, like seniors. You might have the virus but not have symptoms yet. You could then give the infection to someone you come into contact with.

## How can I get others to practice social distancing?

It may be hard to get some people to do social distancing. This may be especially true of older kids and teens. You might offer this information:

### ***Think about others.***

This virus seems to spread easily and quickly. Those at highest risk of serious illness include older people and others who have serious health problems like diabetes or lung disease. You may not know that a friend or family member has one of these diseases. By limiting close contact, you can help protect the people you care most about and your community.

### ***Remind them that social distancing isn't quarantine.***

Unless you are sick, you don't have to be trapped in the house. You can still get outside and be active. Fresh air is good for you. You could meet a friend for a walk or a bike ride. Just remember to keep that 2-metre (6-foot) space between you and others. Avoid gathering places like playgrounds and coffee shops. And wash your hands well when you get home.