



# Social Distancing



## What, Why, & How?

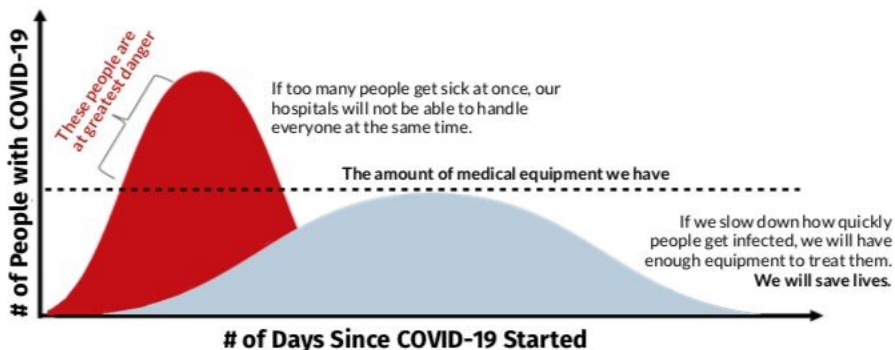
### What is social distancing?

Put simply, the idea is to maintain distance between you and other people to prevent the spread of disease.

### Why practice social distancing?

Our hospitals can't handle everyone getting sick at once That's what the picture below shows.

- We have limited hospital beds.
- We have limited treatment equipment.
- There are only so many doctors and nurses, and we need them to stay healthy.
- We need time to get equipment and tools in place.



### How do you practice social distancing?

- Avoid contact with others. Stay home unless getting food or medicine.
- Keep yourself healthy: eat, drink water, sleep, and get exercise outdoors (keeping 6 feet of separation!).
- Wash your hands and clean surfaces frequently.

The best way to help is to not get infected with COVID-19, and to not infect anyone else.

