**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.

![Graph showing the spread of COVID-19 and the need for social distancing](chart)

**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.