



# SOCIAL DISTANCING

## WHAT IS SOCIAL DISTANCING AND HOW WE CAN USE THIS TO SLOW THE SPREAD OF COVID-19?

### What is Social Distancing?

The goal of social distancing is to prevent sick people from close contact with healthy people and reduce the risk for transmission of disease. We are seeing and hearing examples of this now when decisions are made to cancel group events or close public places. Individual decisions to avoid crowds are another method of social distancing.

### How do I practice social distancing?

- Avoid mass gathering
- Maintain distance (approximately 6 feet) from others when possible
- No handshakes or hugs
- Step-up hand washing efforts – it makes a difference!
  - Wash anytime you come indoors from outside, before you eat, before you spend time with those who may be more vulnerable to serious complications such as the elderly or those with serious chronic medical conditions

### Does social distancing work?

Experts tell us that based on lessons from history, these measure do work! Don't worry about if you're doing it right or doing every little thing.....let's all just do as much as we can.

### References:

[CDC](#)  
[TN Department of Health](#)  
[Coronavirus Guidelines for America](#)  
[Johns Hopkins Coronavirus Resource Center](#)