



## Bad River Public Health

Pam Feustel 715-292-7368

### What is Social Distancing?

Social distancing is certain actions taken to stop or slow down the spread of a highly contagious disease (COVID-19). It means avoiding crowds when possible to help stop or slow down the spread of COVID-19. This could mean maintain enough distance between yourself and another person (6 feet) to reduce the risk of breathing in droplets that are produced when an infected person coughs or sneezes. This will help to limit the spread of COVID-19 in the community.

Social distancing measures are taken to restrict when and where people can gather to stop or slow down the spread of COVID-19. These measures include limiting large groups of people coming together, closing buildings and canceling schools and events.

Social distancing includes, but is not limited to:

- Avoiding non-essential trips in the community
- Avoid non-essential travel
- Avoid crowds, especially in poorly ventilated spaces
- Stay at home if you are sick
- Maintain distance between yourself and anyone who is coughing or sneezing
- Avoid handshaking, hugging or other intimate types of greetings– greet others with a wave, nod or bow instead
- Limiting or cancelling group gatherings
- Holding virtual meetings
- Spending time outside and in settings where people can maintain 3-6 feet distance from each other

Remember: While you may not feel sick, and while we know these measures are an inconvenience, please be mindful of the members of our community who are more vulnerable to COVID-19 than others. We are all in this together!

