

# WHAT'S UP WITH SOCIAL DISTANCING?

**SOCIAL DISTANCING, OR PHYSICAL DISTANCING, IS A TECHNIQUE OF KEEPING ENOUGH SPACE IN BETWEEN YOU AND OTHER PEOPLE TO PREVENT CONTAGIOUS GERMS AND BACTERIA FROM SPREADING BETWEEN YOU.**



To social distance correctly, you need to stand at least 2 arms lengths or **6 feet away** from people.



**WE ARE PRACTICING SOCIAL DISTANCING NOW TO PREVENT OUR FRIENDS AND FAMILY FROM GETTING SICK WITH CORONAVIRUS.**

When people sneeze, cough, kiss, laugh and talk, germs in their mouths can travel several feet and infect people nearby.



Social distancing may feel very hard to do, especially if you have already been doing it for so long. Here are some ways to say hello without being physically close:



Wave hello



Thumbs up



Call, FaceTime, or Skype

Coronavirus Disease 2019 (COVID-19). (2020). Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/index.html>