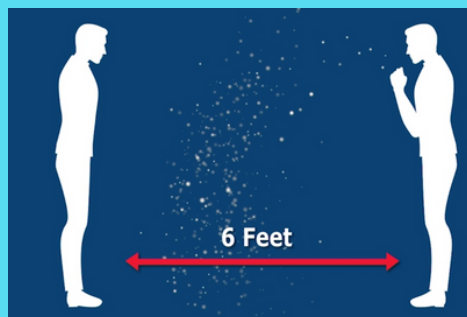


What is Social Distancing

AND HOW IT RELATES TO COVID 19



1.) MAINTAIN AN ADEQUATE DISTANCE FROM OTHERS

COVID 19 is a respiratory virus that spreads when droplets produced by a cough or sneeze transfer from one person to another through close contact or by touching an infected surface. Maintain at least 6 feet of distance between you and others when out in public. Wash your hands regularly. Avoid touching your eyes, mouth, and face. Use a mask if you must be in close proximity to others.

2.) AVOID LARGE GATHERINGS

Gatherings of 10 or more people are discouraged. This includes concerts, waiting in lines at restaurants and stores, parties, exercise classes, skate parks, beaches, etc. **Every person you come in contact with is exposing you to every person they have been in contact with.**



3.) TAKE STEPS TO PROTECT OTHERS

Stay indoors and away from others if you have a cough or fever. Older adults and people with chronic health conditions appear to be most affected by COVID19. Teens and children appear to recover quite well, but may spread the virus to others who may not. Be AWARE!

4.) REACH OUT VIRTUALLY

Social media platforms allow you to have visual contact with those that are both near and far. Maintain social connections, but do so in a way that does not jeopardize you or others.



5.) STAY HEALTHY

Staying indoors can be difficult and may cause feelings of boredom, stress, depression, or anxiety. Protect your mental health. Take walks, enjoy the beach, take a virtual exercise class, eat well-balanced meals, get plenty of sleep, and socialize with others as noted above. Take regular breaks from the TV and social media.



YOUR SCHOOL HEALTH TEAM

JODI WYANT, SHELI SIMS, JENN GILBERT, KELLY AIKEN, ROBYN DOZIER

SOURCES:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/index.html>