

## Social Distancing & Safety Guidelines

### What the CDC is Saying You Should be Doing Right Now!

There's no doubt that by now you've heard about social distancing in order to prevent the spread of Coronavirus COVID-19 but have you considered what this trendy new phrase really means? To sum it up, social distancing means avoiding contact with people apart from the immediate family you reside with. In doing so, remember there are certain guidelines that you should follow. We've listed them below.

1

Avoid - In-person meetings and gatherings when possible. Avoid shaking hands, hugging, and touching. Stay at home.

2

Avoid - Public transportation and stay clear of rush-hour commute and crowding, unless necessary.

3

Avoid - Having visitors in your home. Do not congregate in groups larger than 10 people. Limit contact with people outside of your household.

4

Avoid – Parties, Concerts, Theaters, Athletic Events, Gyms, Night Clubs, Religious Services, Malls, Retail Stores & Eating in Restaurants.

5

Avoid – Being within six feet of others.

6

Avoid - Sharing, utensils, drinking glass, dishes, towels, and bedding.

7

Avoid – Unnecessary travel. Postpone nonessential meetings and gatherings.

8

Avoid – Contact with those showing symptoms of Coronavirus COVID-19.

9

Avoid – Frequent trips to pick up supplies and be stocked up in preparation of an intense outbreak or prolonged lockdown.

10

Use Caution -When grocery shopping, getting take-out, picking up medications & checking on friends or elderly neighbors. Sanitize your hands before and after each visit.

11

Use Caution - Limit recreational activities to parks, walks, and bicycling, for example. Avoid touching play equipment at parks and playgrounds.

12

Use Caution - If you are sick and need to go to your doctor, call first so precautions can be implemented.

13

Safety – Wash your hands with soap for at least 20 seconds with warm water frequently. Sanitize surfaces. Cough or sneeze into your elbows or a tissue that you immediately discard.

14

Safety – Stay mentally healthy. Don't completely isolate. Check on your family via FaceTime, Google Hangouts, Skype, etc. Watch TV, listen to music, use internet.

15

Safety – If you have a mask, wear it! If you don't, wear cloth face coverings when in public to prevent the spread of COVID-19. N95 Respirator Masks and Surgical Face Masks should be reserved for health care workers and first responders. This follows the recommendation of Dr. Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases.