

# SOCIAL DISTANCING

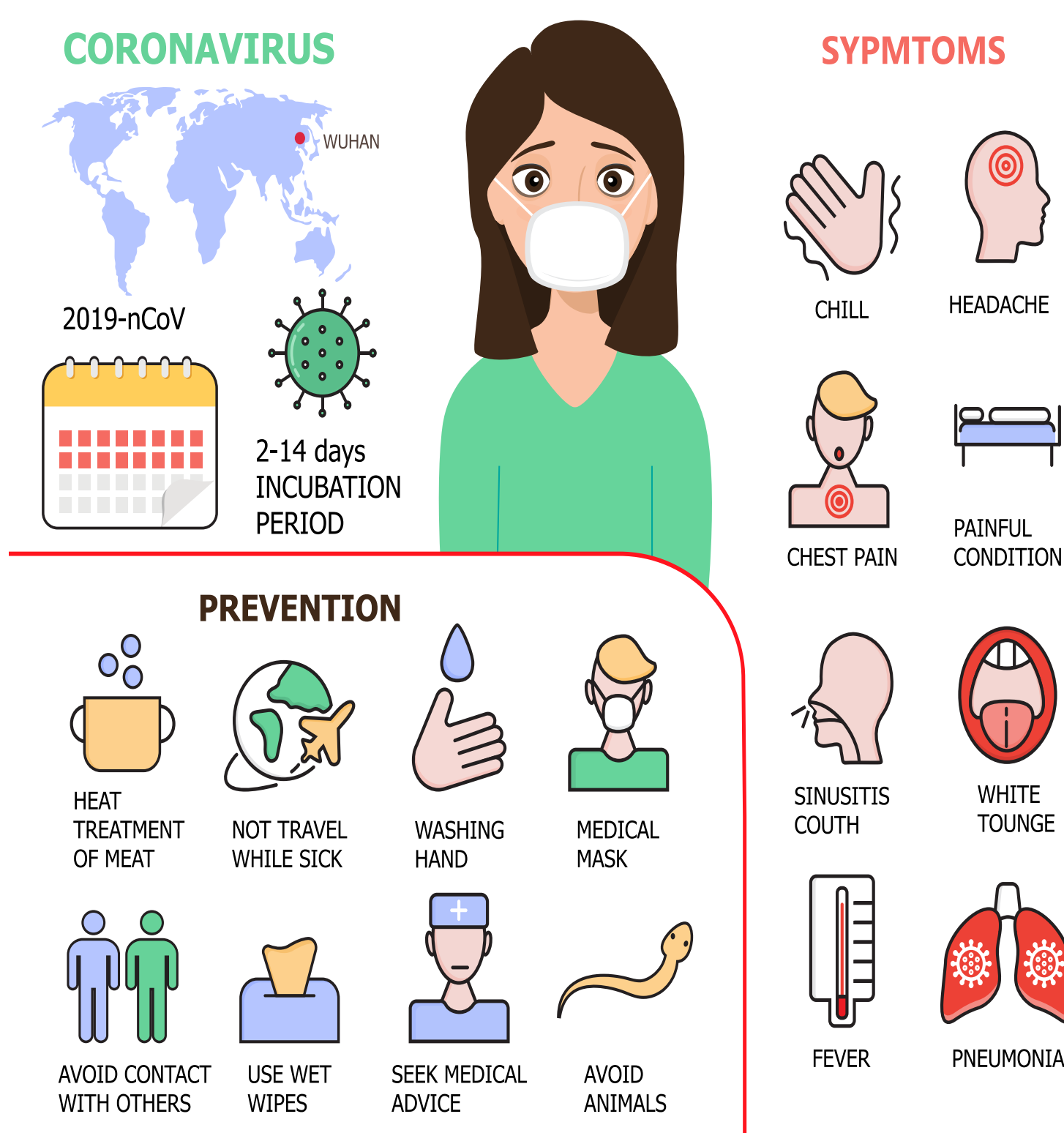
Together, we as a society can slow down the spread of the COVID-19 Virus by making a conscious effort to keep a physical distance between each other. Social distancing has proven to be one of the most effective ways to reduce the spread of illness during an outbreak.



This means making changes in your everyday routines in order to minimize close contact with others, including:

- ➔ Avoiding crowded places and non-essential gatherings
- ➔ Avoiding common greetings, such as handshakes
- ➔ Limiting contact with people at higher risk (e.g. older adults and those in poor health)
- ➔ Keeping a distance of at least **6ft** from others as much as possible

## WATCH FOR SYMPTOMS



Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases.

These symptoms may appear **2-14 days after exposure** (based on the incubation period of MERS-CoV viruses).

- ➔ **Fever**
- ➔ **Cough**
- ➔ **Shortness of breath**

If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**. Emergency warning signs include\*:

- ➔ **Trouble breathing**
- ➔ **Persistent pain or pressure in the chest**
- ➔ **New confusion or inability to arouse**
- ➔ **Blueish lips or face**

\*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.