

# CORONAVIRUS COVID-19

## SOCIAL DISTANCING



Increase distance between people in settings known for close contact with one another.  
*This includes schools, workplaces, events, meetings, and other places people gather.*



### Protect yourself and the community

Wash your hands often with soap & water for at least 20 seconds. Avoid close contact with those who are sick and stay home when sick.

**Keep at least 6 feet between you and other people**  
Avoid shaking hands as a social greeting.



### Work with your employer

Changing company practices, setting up flexible shift plans, having employees telecommute and canceling any large meetings or conferences.

### Change your daily habits

Take advantage of delivery or pick-up services with retailers.



### Limit outings for At-Risk populations

Some people are at higher risk of getting sick from this illness. Seniors age 60 and older and people with health conditions, such as heart disease, lung disease, and diabetes.

### Avoid public transit if possible

Walk, cycle, a car instead, or go early or late to avoid rush-hour crowding on public transportation.



### Avoid crowded places

Avoid events or activities that require close contact. Don't attend events if you are sick or have symptoms.

**STAY UP-TO-DATE WITH THESE TRUSTED SOURCES:**

[www.cdc.gov](http://www.cdc.gov) • [www.co.somerset.nj.us/health](http://www.co.somerset.nj.us/health) • [www.nj.gov/health](http://www.nj.gov/health) • [www.who.int](http://www.who.int)