

Social Distancing and COVID-19

What is social distancing?

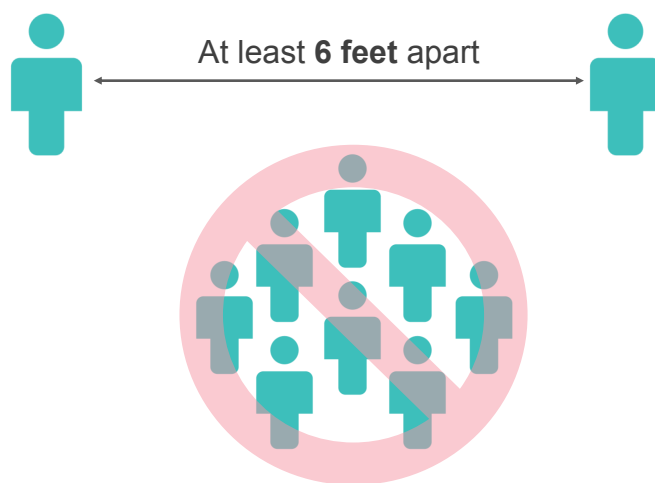
- Social distancing is when you put more personal space between yourself and other people.
- **Social distancing is a key part of protecting yourself and others from coronavirus (also known as COVID-19).** You can have the virus even if you do not feel sick and may pass it on to others without even knowing.
- **The reason why it's important to practice social distancing is that it helps to slow the spread of the virus from person-to-person.**

Who should practice social distancing?

- It is important for everyone to practice social distancing. You should practice social distancing no matter what your age is, if you are sick, and even if you are not sick.

How do I practice social distancing?

- Stay home as much as possible.
- Avoid all unneeded travel. This includes using public transit and flying.
- If you leave your home, keep at least 6 feet of personal space between yourself and others.
- Stay away from large crowds.
- Work from home, if possible.



Can I leave my home?

Try to limit how often you leave your home. If you need to leave your home to get food or medicine, go to work (if you cannot work from home), or get fresh air:

- Keep at least 6 feet between yourself and others.
- Wash your hands often with soap and water for at least 20 seconds.
- Use hand sanitizer.
- Avoid touching your face with unwashed hands.

To learn more about COVID-19:

- **Text “COVID” to 692-692** for real-time updates (message and data rates may apply).
- Go to **[nyc.gov/coronavirus](https://www.nyc.gov/coronavirus)** for information, resources, and support.

Source: New York City Department of Health and Mental Hygiene (NYC DOHMH)