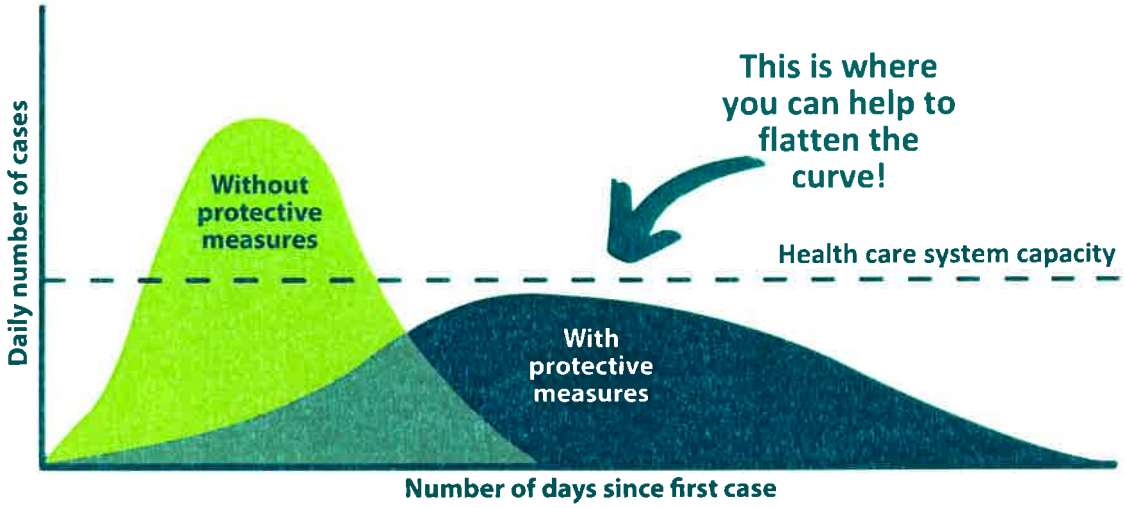
COVID-19 Facts: Why Social Distancing?

What is social distancing?

Social distancing means minimizing contact with people and keeping a distance of at least six feet between you and others. These measures are put in place to help slow down or stop the spread of a contagious disease. On a large scale, examples of social distancing are limiting gatherings of 10 people or more, canceling events, and closing buildings. On a small scale, these measures include practicing good hygiene habits and limiting in-person contact with others.

What purpose does social distancing serve?

Protective measures like social distancing are proven to "flatten the curve," in other words decrease the daily number of cases of a contagious disease. Mass gatherings of 10 people or more during an outbreak can result in a large number of ill people. These large numbers can quickly overwhelm local hospitals and clinics. By following the recommendations from the Department of Health Services and the Centers for Disease Control and Prevention, we can slow transmission and prevent more cases.



What can I do right now?

You play an important role in the stopping the spread of COVID-19. Here are some everyday preventive measures that can slow or stop the spread to yourself and others:

- Avoid close contact with people who are sick.
- Stay home when you are sick, except to get medical care.
- Wash your hands regularly for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Stay at least six feet away from other people.
- Stay at home as much as possible. Cancel events and avoid groups, gatherings, playdates, and nonessential appointments.
- Clean frequently touched surfaces and objects daily (e.g., tables, counter tops, light switches, doorknobs, and cabinet handles). See CDC's recommendations for household cleaning and disinfection.

If you or someone you know is more vulnerable, for example elderly or part of a high-risk population, take extra precaution. Adopt these social distancing measures over the next eight weeks to protect you and your loved ones.

WISCONSIN DEPARTMENT *of* HEALTH SERVICES
P-02620B (03/2020)

www.dhs.wisconsin.gov/covid-19