COVID-19 TIPS FOR SOCIAL DISTANCING  
(AT WORK AND HOME)

Limiting close face-to-face contact with others is the best way to reduce the spread of COVID-19.

What is social distancing?
Social distancing, also called “physical distancing,” means keeping a safe space between yourself and other people who are not from your household. To practice social or physical distancing, stay at least 6 feet (about 2 arms’ length) from other people who are not from your household in both indoor and outdoor spaces. Social distancing should be practiced in combination with other everyday preventive actions to reduce the spread of COVID-19, including wearing cloth face coverings, avoiding touching your face with unwashed hands, and frequently washing your hands with soap and water for at least 20 seconds.

Tips for Effective Social Distancing
Consider the following tips for practicing social distancing when you decide to go out in public:

• **Know Before You Go:** Before going out, know and follow the guidance from local public health authorities where you live.

• **Prepare for Transportation:** Consider social distancing options to travel safely when running errands or commuting to and from work, whether walking, bicycling, wheelchair rolling, or using public transit, rideshares, or taxis. Follow these additional tips to protect yourself while using transportation.

• **Limit Contact When Running Errands:** Only visit stores selling household essentials in person when you absolutely need to, and stay at least 6 feet away from others who are not from your household while shopping and in lines. If possible, use drive-through, curbside pick-up, or delivery services to limit face-to-face contact with others.

• **Choose Safe Social Activities:** It is possible to stay socially connected with friends and family who don’t live in your home by calling, using video chat, or staying connected through social media. If meeting others in person (e.g. at small outdoor gatherings, yard or driveway gathering with a small group of friends or family members), stay at least 6 feet from others who are not from your household. Follow these steps to stay safe if you will be participating in personal and social activities outside of your home.

• **Keep Distance at Events and Gatherings:** It is safest to avoid crowded places and gatherings where it may be difficult to stay at least 6 feet away from others who are not from your household. If you are in a crowded space, keep 6 feet of space between yourself and others at all times, and wear a cloth face covering. Cloth face coverings are especially important in times when physical distancing is difficult. Pay attention to any physical guides, such as tape markings on floors, directional arrows, or signs on walls.

• **Stay Distanced While Being Active:** If you decide to visit a nearby park, trail, or recreational facility, first check for closures or restrictions. If open, consider how many other people might be there and choose a location where it will be possible to keep at least 6 feet of space between yourself and other people who are not from your household.