

Social Distancing

Why practice social distancing?

Social distancing is the best way to reduce the spread of COVID-19. Social distancing means keeping space between yourself and other people outside of your home, both indoors and outdoors.



In addition to everyday steps to prevent COVID-19 like washing your hands often and not touching your face, keeping space between you and others is one of the best tools we have to avoid being exposed to this virus and slowing its spread.

Social distancing is especially important for people who are at higher risk of getting very sick, but social distancing applies to everyone at any age, including children, teens and young adults.

COVID-19 spreads mainly among people who are in close contact (within about 6 feet) for a prolonged period. Although the risk of severe illness may be different for everyone, anyone can get and spread COVID-19. Everyone has a role to play in slowing the spread and protecting themselves, their family, and their community.

Tips for social distancing

- If you need to go out in public, stay at least 6 feet away from others and cover your mouth and nose with a cloth face cover.
- Use mail-order for medications and other nonperishable purchases.
- Consider a grocery delivery service or contactless curbside pick-up.
- Avoid large and small gatherings in private and public places, such as a friend's house, parks, restaurants, or shops.
- Children should not have in-person playdates while school is out.
- Work from home when possible.
- If possible, avoid using any kind of public transportation, ridesharing, or taxis.

For the full details on social distancing, read the [CDC article](#).

The Emotional Effects of Social Distancing

Having to socially distance yourself from those you love can intensify everyday stress and anxiety. Below are some tips to combat that stress:

- Engage in meaningful interactions with your family - play board games, cards, work on puzzles and watch movies together.
- Call, video chat, or stay connected with friends and family outside your home using social media.
- Take regular and frequent breaks from watching, reading or listening to the news.
- Take care of your body.
- Remember you are not alone! If you find stress and anxiety become overwhelming, reach out to **One Source EAP** 24 x 7 x 365 at (800) 300-0628

Read the PsychCentral blog, "[Ways to Overcome the Emotional Effects of Social Distancing](#)"