

Social Distancing: What, Why and How?

Our family of physicians are here to provide exceptional care and protect the health and safety of all our patients and visitors.



Social distancing means putting space between yourself and other people. In this case, 6 feet or more is the recommended distance. It also means avoiding contact with other people as much as you can.

WHY IS IT IMPORTANT NOW

Social distancing is the best way to reduce the spread of COVID-19. This virus seems to spread from person to person through droplets from coughing and sneezing. So if you keep your distance from others, you're less likely to get it or spread it.

Social distancing is important for everyone, not just those who are at high risk of infection, like people over 65. You might have the virus but not have symptoms yet you could then give the infection to someone you come into contact with.

HOW CAN I GET OTHERS TO PRACTICE SOCIAL DISTANCING?

It may be hard to get some people to do social distancing. This may be especially true of older kids and teens. You might offer this information:

Think about others. This virus seems to spread easily and quickly. Those at highest risk of serious illness include older people and others who have serious health problems like diabetes or lung disease. You may not know that a friend or family member has one of these diseases. By limiting close contact you can help protect the people you care most about and your community.

Remind them that social distancing isn't quarantine. Unless you are sick, you don't have to be completely isolated. You can still get outside and be active. Fresh air is good for you. You could meet a friend for a walk or a bike ride. Just remember to keep that 6-foot space between you and others. Avoid gathering places like playgrounds and coffee shops and always wash your hands well when you get home.



Work from home, and keep your kids at home.



Don't travel if you don't have to, and avoid public transportation if you can.



Limit shopping to essentials, like food and medicines.



Avoid crowds and busy places. Follow stay-at-home orders or other directions for your area.



Wear a mask in all public places as required by your local governments.



The CDC recommends that everyone wear cloth face coverings in public settings where social distancing measures are difficult to maintain such as at grocery stores and pharmacies. **Instructions for making your own face covering are available at [cdc.gov](https://www.cdc.gov).**

Are you concerned that you may have coronavirus?

Texas Health Resources Coronavirus Hotline, staffed by nurses, is available to help answer your questions. Call 682-236-7601 anytime to speak with a nurse. Learn how to protect yourself.

Source: *Healthwise*