

# Learning About Social Distancing

## What is it?

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Social distancing means putting space between yourself and other people. This also means staying away from any place where people may gather such as indoor malls or other crowded public gathering places.

## Why is it important?

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Social distancing is an important way to reduce the spread of germs. Germs can spread through droplets from coughing and sneezing, breathing, and singing. Illnesses can spread when people are in close contact with someone who is infected. So if you keep your distance from others, you're less likely to get sick or spread germs to others.

## How is it done?

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Experts recommend putting at least 6 feet (2 meters) between you and other people. So follow this advice, if possible.

- Know before you go out.  
Be sure to follow all instructions from your local health authorities.
- Don't travel if you don't have to.  
And avoid public transportation, ride-shares, and taxis unless you have no choice.
- Limit contact with others when doing errands.  
Keep your distance from others, and if you can, use curbside pick-up.
- Choose safer activities.  
Stay connected by phone or social media.

You can gather with a small group outside, but keep your distance. And stay distanced while being active, such as taking a walk or bike ride.

If you have to have visitors inside, they need to wear a mask and stay at least 6 feet (2 meters) away from you. Open windows and doors to increase airflow. And keep the visit as short as possible.

Avoid crowded places like bars or restaurants. Use a drive-through or curbside pick-up.

If you can't avoid a crowded place, stay at least 6 feet (2 meters) away from others and wear a mask.

## Where can you learn more?

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Go to <https://www.healthwise.net/PatientEd>

Enter **A133** in the search box to learn more about "**Learning About Social Distancing**".

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