

SOCIAL DISTANCE

Social distancing, also called “physical distancing,” means keeping a safe space between yourself and other people inside and outside your house. To practice social or physical distancing, stay at least 6 feet (about 2 arms’ length) from other people 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 masks, avoiding touching your face with unwashed hands, and frequently washing your hands with soap and water for at least 20 seconds.

INSIDE YOUR HOME

- Avoid close contact with people who are sick.
- If possible, maintain 6 feet between the person who is sick and other household members.

OUTSIDE YOUR HOME

- Put 6 feet of distance between yourself and people who don’t live in your household.
- Remember that some people without symptoms may be able to spread virus.
 - Stay at least 6 feet (about 2 arms’ length) from other people.
 - Keeping distance from others is especially important for people who are at higher risk of getting very sick.

WHY PRACTICE SOCIAL DISTANCING?

- COVID-19 spreads mainly among people who are in close contact (within about 6 feet) for 15 minutes. Spread happens when an infected person coughs, sneezes, or talks, and droplets from their mouth or nose are launched into the air and land in the mouths or noses of people nearby. The droplets can also be inhaled into the lungs.
- Since people can spread the virus before they know they are sick, it is important to stay at least 6 feet away from others when possible, even if you—or they—do not have any symptoms.

Citation: CDC. (2020, July 15). Social Distancing, Quarantine, and Isolation. Retrieved September 21, 2020, from <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>



**6 FEET APART
TO SLOW COVID-19**

michigan.gov/Coronavirus