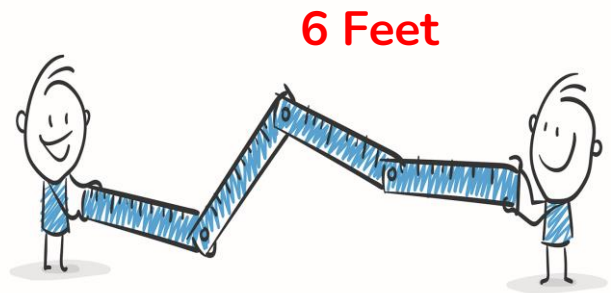


Social Distancing: Why It Matters

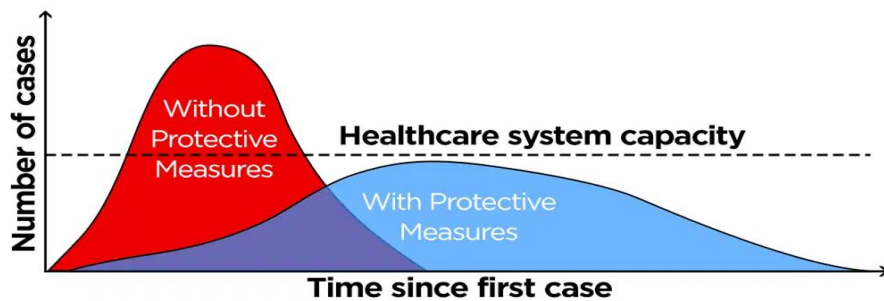
Why is it important?

Social distancing is to protect you, your family, and people in your community from catching the disease and spreading it to others, thus reducing the number of new **infection cases**.



Flatten the Curve

By practicing social distancing, we can do our part to flatten the curve and not overwhelm the capacity of our healthcare system. This is to make sure all patients get the help that they need in a timely manner.



Adapted from CDC / The Economist

What is Social Distancing?

Social distancing is the act of putting space between you and others to stop or slow down the spread of a contagious disease. This means **avoiding crowded places and keeping a physical distance (at least 6 feet) between you and others**.

What does this look like in action?

- Avoid groups and minimize contact with people outside of your household
- Limit time spent outside of your home to avoid exposure
- Avoid physical touch by waving instead of handshaking or giving high fives
- Wear a mask, bandana, scarf or cloth to cover your face



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