WHY ARE WE SOCIAL DISTANCING DURING CORONAVIRUS (COVID-19)?

For individuals, social distancing is deliberately increasing the physical space between people to avoid spreading illness. It is a conscious effort to reduce contact between people to slow down the spread of the virus. Six feet is maximum the distance that droplets travel when someone coughs, sneezes or talks.
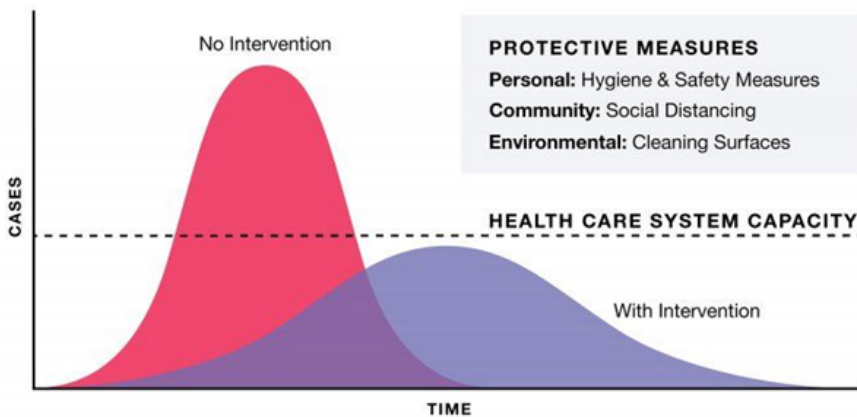
For communities, social distancing can include limiting gatherings of 10 people or more, canceling events and finding ways to communicate via technology rather than in-person. On a smaller scale, these protective measures can be as simple as practicing good hygiene habits and avoiding non-essential, in-person socialization.

WHAT PURPOSE DOES SOCIAL DISTANCING SERVE?

Social distancing doesn't just protect individuals you; it creates a cocoon around the people we love. Hospitals only have so much capacity to deal with these cases, and social distancing helps reduce demand significantly. The faster the infection curve rises, the quicker the local health care system gets overloaded beyond its capacity to treat people; more new patients may be forced to go without beds, and more hospitals may run out of the basic supplies they need to respond to the outbreak.

Flatten the Curve

Collective action can limit the rise of new COVID-19 infections and help hospitals manage increased demand for care.

No Intervention

PROTECTIVE MEASURES
Personal: Hygiene & Safety Measures
Community: Social Distancing
Environmental: Cleaning Surfaces

HEALTH CARE SYSTEM CAPACITY

With Intervention

CASES / TIME

6ft

Six feet is:
- **Taller than the average American male**
- **Wider than a queen bed**
- **As high as an average fridge**

Ways you can slow or stop the spread to yourself and others:
- **Wash your hands regularly for at least 20 seconds.**
- **Cover your nose and mouth when you cough or sneeze.**
- **Keep a personal radius of six feet around yourself.**
- **Limit your nonessential travel and social gatherings.**
- **Regularly clean and disinfect commonly used surfaces and objects.**

If you or someone you know is elderly or part of a high-risk population, take extra precaution and adopt these social distancing measures to protect you and your loved ones.

For updates on COVID-19, we urge you to use the following reliable sources:
WI DHS: https://www.dhs.wisconsin.gov/disease/coronavirus.htm
CDC: https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html

PIERCE COUNTY
Public Health