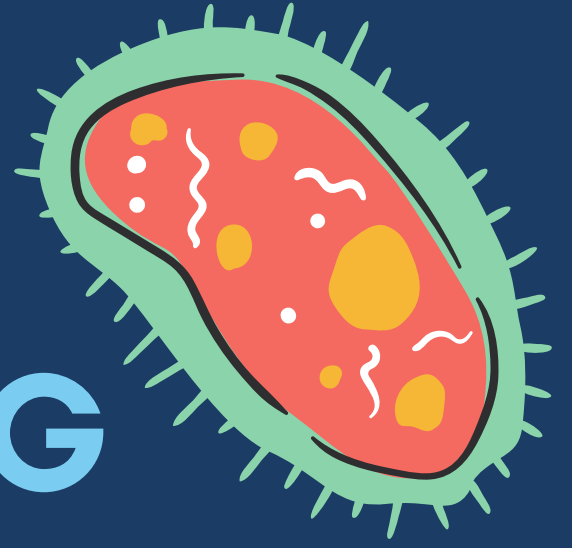


# SOCIAL DISTANCING



## Why it works and how to cope

### WHAT IS SOCIAL DISTANCING?

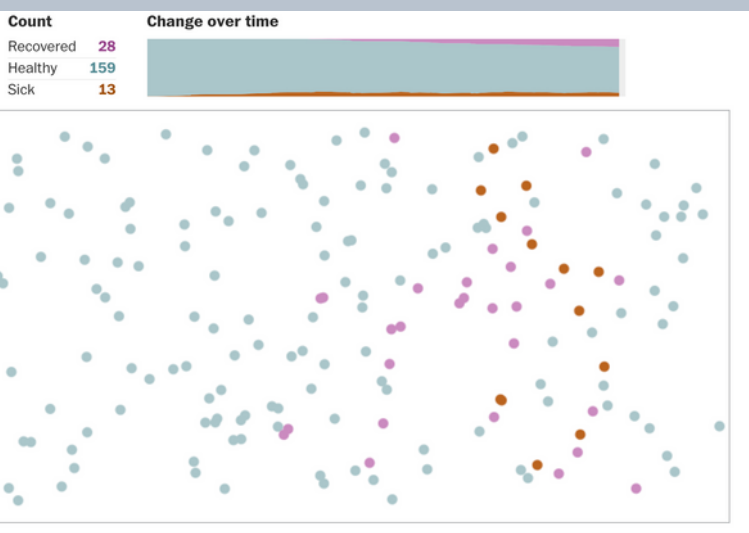
Social Distancing is keeping a physical space between yourself and others.

- staying 6 feet away from other
- only leaving your home for essentials.
- COVID-19 can be spread from asymptomatic people



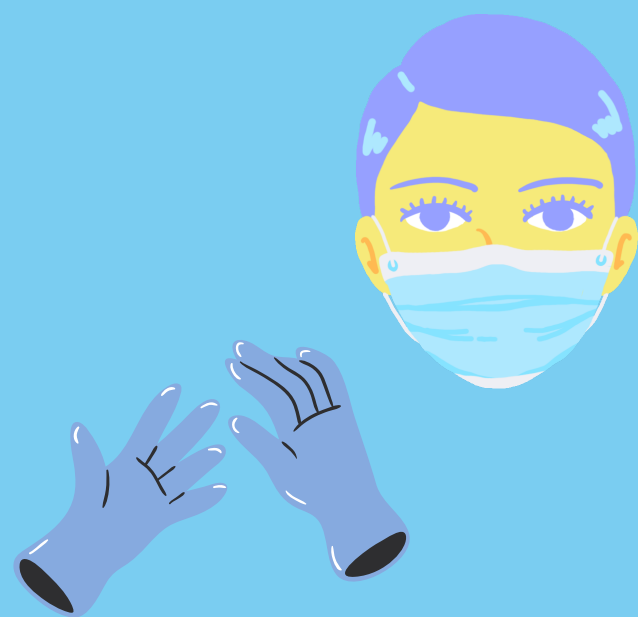
### DOES IT REALLY WORK?

- This graph from the Washinton Post simulates social distancing with an infectious disease such as COVID-19
- It allowed 1/4 of the population to move while the rest stayed stationary
- The curved stayed low and a majority of people remained uninfected



### HOW DO I PROTECT MYSELF WHEN I'M NOT AT HOME?

- social distancing
- wearing gloves and masks when you leave your home
- washing your hands
- avoid touching your face especially nose, mouth, and eyes



### HOW TO COPE

- Remember the ability to self quarantine is a priveledge.
- But being confined with the same people for an undetermined amount of time is stressful .
- Actively practicing self care by setting boundaries for yourself within work or school and doing thing you enjoy like baking or listening to music helps with these overwhelming emotions



"SOCIAL DISTANCING, QUARANTINE, AND ISOLATION." CENTERS FOR STEVENS , HARRY. "THESE SIMULATIONS SHOW HOW TO FLATTEN THE CORONAVIRUS GROWTH CURVE." THE WASHINGTON POST, WP COMPANY, 14 MAR. 2020, WWW.WASHINGTONPOST.COM/GRAPHICS/2020/WORLD/CORONA-SIMULATOR/..