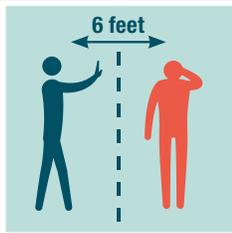


# Physical Distancing: Keep Your Distance to Prevent COVID-19



**Physical distancing, also called social distancing, means you avoid contact with people, other than those who live with you.** Physical distancing is one of the best ways to slow the spread of COVID-19. It's up to each of us to help stop the spread of COVID-19.

- **Stay home, save lives.** The best way to stay healthy and prevent the spread of COVID-19 is to stay home. You must also limit things you do outside your home to what you **must** do. Examples of things you must do, are shopping for food or picking up medicines. The Governor's order does not allow gatherings where people cannot keep 6 feet apart. Also, the order does not allow social events and non-essential business where people come into close contact.
- **If you must leave your home for essential activities, you should:**
  - » Maintain 6 feet between you and all other people.
  - » Wash or sanitize your hands after contact with any surface.
  - » Do not touch your face, except after washing or sanitizing your hands.
  - » Avoid groups and contact with other people.
  - » Wear a cloth covering for your nose and mouth to protect others if you can't keep 6 feet apart. Do so, even if you feel well and do not show symptoms of illness.
    - Do not place a cloth covering for the nose and mouth on children under age 2, anyone who has trouble breathing or who cannot remove the covering themselves.
- **Stay home if you are sick.**

Stay home and consult with your doctor or a clinic if you are ill with any of these symptoms:

- » Fever of 100° or higher
- » Cough
- » Shortness of breath



If you need help to find a clinic, call 211.

- **Keep your distance. Slow the spread.** For more information on physical distancing and Oregon's novel coronavirus response, visit [www.healthoregon.org/coronavirus](http://www.healthoregon.org/coronavirus).

