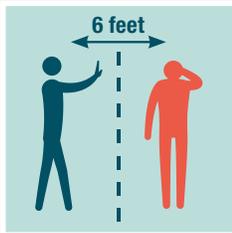


Physical Distancing: Keep Your Distance to Prevent COVID-19



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.

