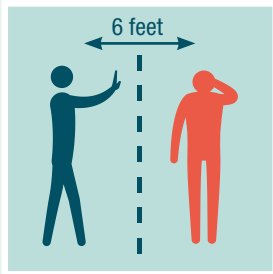


# Social Distancing: Keep Your Distance to Help Prevent COVID-19



**Social distancing basically means reducing contact with people, especially in large crowds.** It is a major public health step to help slow the spread of a highly contagious disease, such as the coronavirus (COVID-19).

## Why should I practice social distancing?

- When someone infected with the virus coughs or sneezes, droplets can travel several feet. If you breathe in the droplets or they land on your face, you could become infected.
- History supports Oregon actions — during the 1918 influenza pandemic U.S. communities that used social distancing strategies greatly reduced disease transmission.
- **Staying at least three feet, but ideally six feet, from one another in large social settings is one of the most important ways Oregonians can protect themselves from the disease and help slow its spread.**



This recommendation is particularly important for individuals at high risk of complications of COVID-19 (the elderly, or people of any age with chronic medical disorders such as heart or lung conditions, diabetes, cancer or HIV).

## Keep your distance. Slow the spread.

For more information on social distancing and Oregon's coronavirus response,  
Visit: [healthoregon.org/coronavirus](https://healthoregon.org/coronavirus).