

SOCIAL DISTANCING

WHAT IS SOCIAL DISTANCING AND HOW WE CAN USE IT TO SLOW THE SPREAD OF COVID-19?

WHAT IS SOCIAL DISTANCING



The goal of social distancing is to prevent sick people from close contact with healthy people and reduce the transmission of disease. We're seeing examples of this when groups cancel events or when public places close. Individual decisions to avoid crowds are another method of social distancing.

HOW DO I PRACTICE SOCIAL DISTANCING



- Avoid gatherings where there will be 10 or more individuals.
- Maintain distance (approximately 6 feet) from others when possible
- No handshakes or hugs
- Step up hand washing efforts – it makes a difference!
- Wash when you come indoors after being outside and before you eat.
- Take extreme precautions before you spend time with those who may be more vulnerable such as the elderly or those with serious medical conditions.

DOES SOCIAL DISTANCING WORK



Experts tell us, based on lessons from history, that social distancing measures work. If you're practicing the measures listed above and being aware, we can slow the spread of COVID-19.



KANSAS FARM BUREAU®
Health Plans