

# Social Distancing: What You Need to Know



## Your Health Matters

Westfield Regional Health Department

425 East Broad Street, Westfield, NJ 07090

P. 908-789-4070

[www.westfieldnj.gov/health](http://www.westfieldnj.gov/health)

### What is Social Distancing?

- Remaining out of congregate settings
- Avoiding mass gatherings
- Maintaining distance
- Behavioral practice

Staying at home and limiting travel is crucial to mitigation. Do not have people over for dinner, friends over for playdates, sleepovers, or other gatherings.

- Self-quarantine
- Isolation

These two techniques are utilized to restrict the movement of people to limit the transfer or spread of an infection because they are sick or came in contact with someone who is sick.

If you are told to self-quarantine or isolate, you **MUST** stay in your home.

### Quick Tips to Stay Healthy

- If you interact with others, do your best to maintain a 6-foot radius away from other people
- Use proper hand hygiene before and after going out around other people. Wash your hands with warm water and soap for at least 20 seconds. If you cannot wash your hands use a hand sanitizer with at least 60% alcohol.
- Disinfect and clean commonly used objects and surfaces e.g., doorknobs, remote controls, etc.
- If you feel sick, stay home. Call your healthcare provider if you have symptoms like a cough, fever or difficulty breathing.
- Cover your cough or sneeze with a tissue, then throw it in the trash.