



Social Distancing for Infectious Disease

Protect yourself and your community.

Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing or sneezing. If you don't have soap and water, use alcohol-based hand sanitizer with at least 60% alcohol. Avoid close contact with people who are sick, and stay home when you're sick.



Look for communications from universities and colleges

regarding suspending classes, going to web-based learning and canceling all large campus meetings and gatherings.



Social distancing measures are taken to restrict when and where people can gather to stop or slow the spread of infectious diseases. Social distancing measures include limiting large groups of people coming together, closing buildings and canceling events.

Work with your employer.

Cooperate with leadership to change company practices, set up flexible shift plans, have employees telecommute, and cancel any large meetings or conferences.



Change your daily habits.

Avoid shopping at peak hours and take advantage of delivery or pick-up services with retailers.



Keep at least six feet between you and other people.

Avoid shaking hands as a social greeting.



Avoid crowded places.

Sporting events, community festivals, and concerts.



Learn more:

HoustonEmergency.org

Adapted from Florida Department of Health

