Social distancing is an action encouraged by public health officials to stop or slow down the spread of a highly contagious disease. This information is being provided to help you understand what you are being asked to do by the Health Officer.

Why would social distancing measures be used?
Since the start of the spread of coronavirus, social distancing measures will be used early on to slow the spread of the disease and provide our community with the valuable time needed to be better prepared.

What can I do?
Practicing good hygiene habits such as washing your hands and covering your cough will help to stop or slow the spread of many diseases. When in public spaces it is important to stay 6 feet away from other people.

IMPORTANT RESOURCES DURING THE COVID-19 PANDEMIC
For questions or concerns, please dial 2-1-1
For more information about health issues and emergency preparedness, please visit the following websites:
County Health: www.smchealth.org/coronavirus
San Mateo County: www.smcgov.org

It is important to follow any social distancing instructions from San Mateo County Health. Please stay informed and plan ahead.