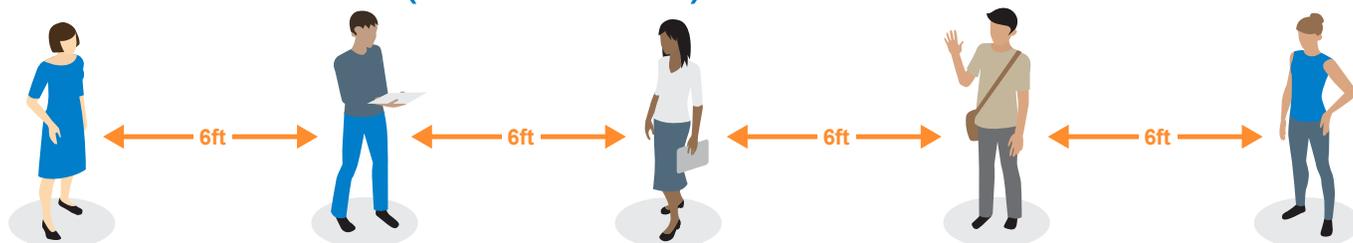


# SOCIAL DISTANCING DURING CORONAVIRUS

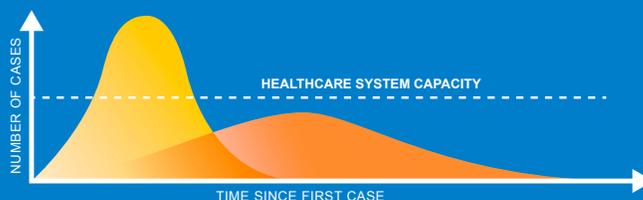
Social distancing is an action encouraged by public health officials to stop or slow down the spread of a highly contagious disease. This information is being provided to help you understand what you are being asked to do by the Health Officer.

## STOP THE SPREAD OF CORONAVIRUS (COVID-19)

If you must be in a public space, maintain 6 feet of distance from others



How Social Distancing Helps our Healthcare Facilities Care for Everyone



WITHOUT protective measures

WITH protective measures like maintaining social distance when in public

## What are social distancing measures?

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. When in public spaces it is important to stay 6 feet away from other people.

## 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. For additional resources to keep safe, please visit [www.smchealth.org/coronavirus](http://www.smchealth.org/coronavirus).

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

## 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](http://www.smchealth.org/coronavirus)

San Mateo County: [www.smcgov.org](http://www.smcgov.org)

U.S. CDC: [www.cdc.gov/coronavirus/2019-ncov](http://www.cdc.gov/coronavirus/2019-ncov)



SAN MATEO COUNTY HEALTH

Dial 2-1-1 for non-emergency, non-medical calls  
[smchealth.org/coronavirus](http://smchealth.org/coronavirus)