

SOCIAL DISTANCING

What is social distancing?

The deliberate act of increasing space between people in order to avoid spreading illness.

Why should people care?

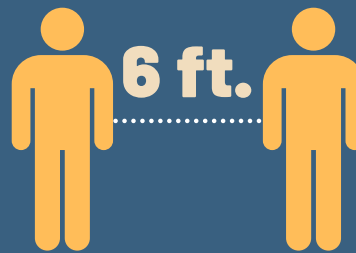
Social distancing is an important collective action that communities can take to help decrease the transmission of the virus. The key to this is that it needs to be a collective action.

What is "flattening the curve"?

This term refers to reducing the number of people who are sick at one time. Without flattening the curve the health care system could become overwhelmed and lead to scarcity of resources.

Helpful Tips

- Don't Shake Hands
- Avoid touching your face
- Limit going out- try getting food to-go instead of sitting in a restaurant
- Avoid traveling back and forth. Try to pick a location to stay in and do your best to remain in that location.



Recommended to try and maintain 6 feet of distance between individuals when possible

- Don't share beverages, food, utensils, or personal belongings
- Do your best to disinfect frequently touched surfaces
- Throw away used tissues immediately
- Wash hands often with soap and water for 20 seconds (if unable use alcohol hand sanitizer)

Student Health
308-865-8218

Counseling Center
308-865-8248