



# Social Distancing for Protection

## What is the Coronavirus?

Coronavirus Disease 2019 (COVID-19) is a respiratory disease caused by the Severe Acute Respiratory Syndrome (SARS)-CoV-2 virus. The current mutation is a new strain of the SARS virus and no individual has any immunity prior to an exposure. The CDC has reported that testing has begun on a vaccine but for now, everyone should prepare and plan for possible impacts resulting from COVID-19. It has spread from China to many other countries around the world, including the United States.

Webster's Dictionary defines **social distancing** as "the practice of maintaining a greater than usual physical distance from other people, or of avoiding contact with people or objects in public places during the outbreak of a contagious disease in order to minimize exposure and reduce the transmission of infections."

### ■ **Maintain a 6-foot distance if possible**

Stay home and avoid having visitors. By keeping at least 6' in physical distance separation from others, you lessen the chance of being contaminated or contaminating others and spreading illnesses. Avoid large crowds, restaurants and other locations where large groups meet and follow CDC recommendation of no more than 10 people in any one area.

### ■ **No shaking hands**

Remember to practice no physical contact, including shaking hands, holding hands, hugging and embracing others in public and some private settings. This helps to limit skin-to-skin, clothes-to-clothes and possible airborne transmission of contagious agents while in close proximity of other individuals.

### ■ **Work from home**

Today's technology enables workers to work from home offices that permit isolation and social distancing from coworkers and work environments, preventing work-related contamination and possible exposures to infectious viruses and/or diseases. Teleconferences can take the place of in-person, face-to-face meetings.

### ■ **Use technology such as video conferencing with family friends and co-workers**

Postpone in-person meetings with co-workers. This helps to prevent pandemic situations from arising due to person-to-person transmissions of contagious illnesses. If video conferencing is good for work, remember that it is good for connecting to family and friends as well. By avoiding or limiting outside trips and locations, you can limit possible exposure from places like the gas station, grocery store and other public places.

### ■ **Wear protective gloves**

Using personal protective measures like wearing protective gloves can reduce or eliminate the possibility of becoming infected from contaminated surfaces. When used while cleaning with disinfecting agents, they can also help in reducing any skin reactions to harsh chemicals. Never touch your face, eyes or mouth while wearing your gloves. Remember to dispose of any gloves that have been worn to prevent cross-contamination.



3 Bethesda Metro Center  
Suite 1100

Bethesda, MD 20814

301-657-3110 • [www.necanet.org](http://www.necanet.org)