

Social Distancing

Social distancing is all about limiting contact with others in order to reduce the likelihood of spreading an infectious disease such as COVID-19.

Because the current state of knowledge is that COVID-19 is infectious even from a carrier who is not showing signs of illness, everyone should be exercising caution these days, even young people who are less likely to contract the disease. Precautionary measures include limiting exposure to large crowds, keeping a distance of 6 to 10 feet between self and others, avoiding touching your face and washing hands frequently especially before eating. These measures are scalable in that it is more important for some than for others. It is especially important for those who are at-risk or who live with people who are at risk of severe or complicated reactions to a COVID-19 infection. At-risk individuals include those over 60 years old, those with asthma or some other respiratory ailment, Those with diabetes, heart disease, or who have other underlying health conditions. For children who are not showing signs of illness, the safest ways for them to socialize with friends maybe through on-line means or outside in the fresh air while avoiding physical contact. For more on social distancing see the links below.

<https://hub.jhu.edu/2020/03/13/what-is-social-distancing/>

<https://www.theatlantic.com/family/archive/2020/03/coronavirus-what-does-social-distancing-mean/607927/>