

## **Social Distancing**

Coronavirus (COVID-19) is present in our Las Vegas community. Take care of your health and protect yourself & loved ones by practicing social distancing.

### **What is social distancing:**

Minimizing your exposure to other people to help keep you healthy and stop the spread of Coronavirus.

### **How do I practice social distancing?**

Minimize contact with people. ***Avoid*** public transportation if possible, avoid travel, skip social gatherings including playdates, avoid places such as movie theaters, hair and nail salons, gyms, restaurants and crowded places. ***Limit*** trips to necessary places such as the grocery store.

### **Why is social distancing important?**

The COVID-19 virus primarily spreads when one person breathes, coughs or sneezes and droplets are released into the air that contain the virus.

### **What other precautions should I be taking?**

- Wash your hands regularly and often. It's one of the most effective ways to prevent spread of germs including COVID-19. Use alcohol-based hand sanitizer or wash them with soap and water for **at least 20 seconds** (Need a timer? Hum the "Happy Birthday" song from beginning to end twice)
- Avoid touching your face and avoid handshakes and high fives. Hands touch many surfaces and can pick up and spread the virus when you go to touch your eyes, nose or mouth.

### **Practice good respiratory hygiene**

Cough or sneeze into your elbow or a tissue NOT your hand. Then dispose of the tissue immediately afterward and wash your hands. This helps contain the respiratory droplets when you cough or sneeze.

### **Practice good self-care**

If you have fever, cough, generalized muscle aches, difficulty breathing or exposure to anyone who tested positive to COVID-19 seek medical care early & contact your union's health clinic for further direction.

