According to public health officials, social distancing is the act of increasing the physical space between two or more people to avoid spreading illness.

**HERE’S HOW YOU CAN PRACTICE SOCIAL DISTANCING TO DECREASE YOUR CHANCES OF CONTRACTING COVID-19:**

- **Stay at least six feet away from other people if you are out in public.**
- **Limit your interactions with others. Stay connected virtually with loved ones through video and phone calls.**
- **Remain at home if you can and avoid any nonessential travel. Many essential items are available via home delivery and curbside pickup, including prescriptions.**
- **Make telehealth appointments instead of going to see your health care provider, when possible.**
- **Most restaurants and bars are closed for sit-down meals. Use drive-through, pickup or delivery options.**
- **Follow the directions of state and local authorities. Some states have started lifting stay-at-home orders, so check with local officials to learn more about guidelines in your state.**

Visit [cdc.gov](https://www.cdc.gov) if you have more questions about COVID-19.