

## **Social Distancing- General Population**

What is it? And Why?

Creating distance between yourself and other people can reduce the likelihood that the virus can be transferred.

If we all do our part to implement social distancing habits in our daily live, we can slow the spread of covid-19 with the goal of getting back to 'normal' life again sooner!

### General Practice Tips

- Limit your time around other people as much as possible. DO NOT get into any size crowd unless absolute necessary.
- Don't isolate yourself inside; go for a walk or bike ride, just maintain your 6 foot distance with others.
- Clean high usage areas in your home regularly where transmission can be easier (kitchen counters, bathroom, toilet).
- When you are out in public, take extra precautions
  - Wipe down high touch items; use the sanitizer wipe for your carts always
  - After you are out, wash your hands thoroughly (at least 20 seconds)
  - Greet your friends with a wave (not a shake)
- Find ways to explain to your child how to avoid contact with people and surfaces when they are out. This can be a challenge so when possible, limit their time out in public).
- Keep your mental wellbeing a top priority during social distancing
  - Stay up to date while limiting your media exposure which tends to increase worry and anxiety and make sure you are only using credible sources.
  - Connect with others (phone, email, social media, technology (zoom)).
  - Make sure you have a plan for essential needs, especially those that have less access to getting out.

## **Social Distancing- Workforce**

People have lives that they need to continue to live so rather than fully isolate, by creating distance between [yourself and other] people you can reduce the likelihood that the virus can be transferred.

Sounds simple but why aren't more people doing their part? It's not exciting and takes a behavior shift which is hard for many people to change. Let's be there leaders and show to practice good social distancing.

### General Practice Tips

- For employees, create workspaces that are spaced out to create the 6-10 feet space ideal for social distancing.
- Create a routine cleaning and sanitization process especially focusing on high contact areas (door knobs, keyboards, etc.). Those with the best guidelines sanitize certain areas multiple times throughout the day with a deep clean after shift.
- Create flexible shifts, working from home policies, and move meetings to virtual or other modes.
- Restrict crowds by limiting the number of customers & staff in the store at one time or in certain areas of your company. Temporarily ban use of break rooms and encourage people to eat at their desk or rotate lunches.
- Limit spacing between customers when possible. For example, create check out floor markers for customers that maintain 6 foot distance between those in line. For groceries, they often follow the 'two carts apart' rule.
- ***See below for tips for social distancing at home***