Understanding social distancing

Social distancing is the best way to mitigate the spread of COVID-19. Social distancing means to increase the physical space between people to slow virus spread. Social distancing also minimizes the number of interactions that provide the opportunity for the disease to spread. Please help Arizona State University limit or eliminate large groups of people gathering and minimize the number of people congregating in close settings.

The objective of social distancing is to reduce transmission, so delaying the epidemic peak, reducing the epidemic peak size, and spreading cases over a longer time to relieve pressure on the healthcare system.

What can I do?

• Avoid public places where crowds of people typically gather.
  o These may include cafeterias, concerts, resorts, shopping malls, sporting events, or even large parties.

• Avoid high-fives, hugging, kissing, or shaking hands when greeting people.
  o Waves and nods are a good alternative for greeting people during a pandemic.

• Conduct business by phone or online.
  o Whenever possible, use online applications like Face Time, Skype, or Zoom, to conduct meetings or make social calls.

• Eat at home instead of dining out.
  o Consider cooking or ordering take out, or better yet, delivery from your favorite restaurant.

• Isolate yourself if you are sick.
  o If you are not feeling well, seek medical attention and stay home while you recover. Do not go to school or work if you are sick.

• Practice good hygiene habits.
  o Washing your hands, applying hand sanitizers, and covering your cough will help to stop or slow the spread of many diseases.

• Reduce unnecessary travel.
  o Places of travel like airports, bus terminals, or cruise ships typically have a high volume of people, which increases the risk of virus spread.

Stay informed by following updates with the ASU Coronavirus Webpage, Maricopa County, the Centers for Disease Control and Prevention, and the World Health Organization.