

# Health Tips from Health Promotion

Medina County Health Department

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[www.medinahhealth.org](http://www.medinahhealth.org)



## Social Distancing

### What is Social Distancing?

Social distancing is an action that people can take to prevent the spread of illness where they live, work, or play.

Examples of social distancing include:

- staying home to avoid contact or exposure
- postponing public events
- temporary closure of stores, schools, daycares, and office buildings
- travel restrictions may also be recommended



### Why is Social Distancing important?

Person-to-person contact is the main way that viruses, specifically the flu virus, are spread. Limiting your contact with people outside of your family may help protect you from getting sick and spreading illness.

### How is Social Distancing used?

Social distancing is used during a public health emergency and is intended to control the spread of illness or disease. This type of action can be used with individuals and families, large groups, or even communities. In the event that there is a pandemic where disease is spreading throughout a population, social distancing can be a way to protect you and others from infection.

**Through social distancing you can protect yourself and others from getting sick. This practice is most important in protecting you from the flu, but may also provide protection from other illness, such as the common cold.**

## Ways You Can Prepare For Social Distancing

- Communicate with local agencies, such as the Medina County Health Department, to stay informed on what is going on within the community.
- Create a list of food supplies that you will need to stock your cupboards so you only have to shop once a week.
- Keep a supply of drinking water.
- Put together an emergency preparedness kit and keep supplies at home, at work, and in your car.
- Communicate with your health care provider to make arrangements to have an extended supply of the medicine you need.
- Make child care arrangements in advance in the event that schools or daycares are closed.
- Talk to your boss to see if there are plans for social distancing in your work place.
- Plan ways to communicate with family, friends, and social groups to support each other during social distancing.
- Avoid crowds or public events.
- Stay home when you are sick.
- Greet other people with a smile rather than a handshake.
- Keep your pets in mind; make sure you have supplies for them too.

**Washing your hands with soap and water is the single best way to stop the spread of disease. You may also use hand sanitizer; cover your cough, and cover your sneeze.**

