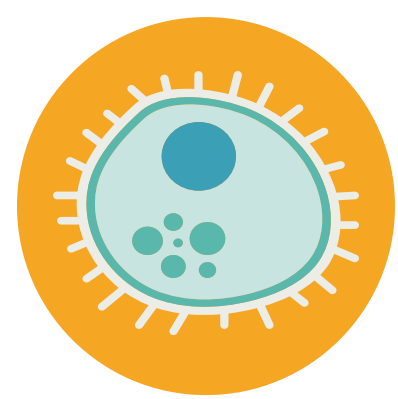


## COVID-19

# What is Social Distancing?



NJ residents should be prepared for the possibility of a COVID-19 outbreak in their community. You can take measures to reduce the spread of COVID-19.



Avoid crowded public places (shopping centers, movie theaters, stadiums) and mass gatherings



Maintain distance (about 6 feet) from others when possible



Practice everyday prevention measures like frequent hand washing, staying home when sick, and covering coughs and sneezes

## How Does it Help Stop the Spread of COVID-19?

Social distancing focuses on **personal behaviors** people can take to **lower their risk of infection**.

The virus that causes COVID-19 spreads...

- between people who are in close contact with one another (within about 6 feet)
- through respiratory droplets produced when an infected person coughs or sneezes

These droplets can land in the mouths or noses of people nearby or possibly be inhaled into the lungs.

Social distancing is not always possible, but do the best you can to maintain personal space and practice good hygiene.



## For More Information

Call the COVID-19 call center at 1-800-222-1222 or 1-800-962-1253 if in NJ but using a non-NJ cell-phone.