

What is social distancing (and why is it important)?

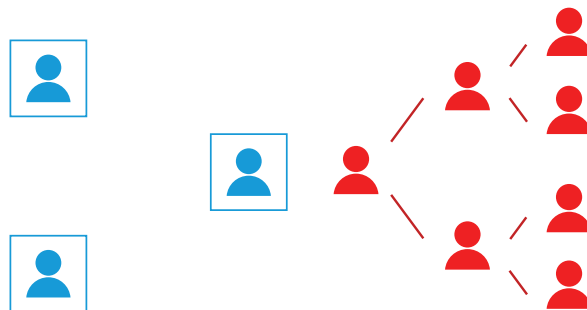


Social distancing means...

- Staying at least 6 feet (or two arms) away from other people. COVID-19 can travel at least three feet when coughed or sneezed and can live on surfaces for hours or even days.
- Avoiding crowded places and gatherings of 10+ people. These include concerts, sporting events, movie theaters, and public transportation.
- Avoiding non-essential appointments, gatherings, and travel, such as hair and nail appointments or dinner and drinks with friends.

Social distancing is important because...

- COVID-19 spreads mainly through people who come into close contact. By eliminating close contact with other people, you reduce the probability of spreading COVID.



ABOUT

This publication was made possible through funding provided by the Access to Justice Foundation and Julian Grace Foundation. All information was curated and verified by Dr. Marina Del Rios, Dr. Pamela Vergara-Rodriguez, Suzanne Martinez, Susana González, and Jeremy Quinones and edited by Steven Arroyo. The contents are solely the responsibility of Illinois Unidos and the Latino Policy Forum.

SOURCES

CDC, WHO, University of Alabama at Birmingham, Chicago Department of Public Health

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