



# Social Distancing Guidelines

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This guidance provides recommendations to reduce close contact with others in an effort to reduce the spread of the novel coronavirus or COVID-19.

## General Recommendations

- Keep a distance of at least 6 feet between other people
- Avoid people who are sick
- If sick, self-quarantine and avoid interactions with people and animals at home
- Older adults and people with chronic conditions like heart disease, diabetes, and lung disease, should limit physical contact with the public significantly due to increased risk
- Cancel or postpone events of 50 people or more. Events of any size should only be continued if they can be carried out with adherence to CDC guidelines for protecting vulnerable populations, hand hygiene, and social distancing. Visit [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus) for additional guidance.
- Offer alternatives to in-person meetings or gatherings, such as teleconferencing, virtual meetings, or recordings

## Schools/Childcare Facilities

- Reduce the frequency of large gatherings (e.g., assemblies) and limit the number of attendees per gathering.
- Alter schedules to reduce mixing (e.g., stagger recess, entry/dismissal times)
- Limit inter-school interactions
- Consider distance or e-learning in some settings
- Short-term dismissals for school and extracurricular activities as needed (e.g., if cases in staff/students) for cleaning and contact tracing.

## Assisted Living Facilities, Senior Living Facilities and Adult Day Programs

- Reduce large gatherings (e.g., group social events)
- Alter schedules to reduce mixing (e.g., stagger meal, activity, arrival/ departure times)
- Limit programs with external staff
- Consider having residents stay in facility and limit exposure to the general community
- Limit visitors, implement screening
- Short-term closures as needed (e.g., if cases in staff, residents or clients who live elsewhere) for cleaning and contact tracing.

## Workplaces

- Increasing physical space between workers at the worksite
- Staggering work schedules

## **Social Distancing cont.**

- Decreasing social contacts in the workplace (e.g., limit in-person meetings, meeting for lunch in a break room, etc.)
- Encourage staff to telework (when feasible), particularly individuals at increased risk of severe illness.
- Limit large work-related gatherings (e.g., staff meetings, after-work functions).
- Limit non-essential work travel

### **Faith-based Communities**

- Reduce activities (e.g., group congregation, religious services), especially for organizations with individuals at increased risk of severe illness.
- Consider offering video/audio of events.
- Cancel large gatherings (e.g., 50 people or more, though threshold is at the discretion of the community) or move to smaller groupings.
- For organizations that serve high-risk populations, cancel gatherings of more than 10 people.