

# SOCIAL DISTANCING

**Social distancing helps separate you from people who are ill and reduces the spread of illness**



Keep 6 feet away from others.

Don't shake hands.

Wash hands often with soap and water for 20 seconds. If unable, use alcohol sanitizer wipes or lotions.

Don't touch your face, nose, and mouth, especially with unwashed hands.

When sneezing or coughing, use the crook of your elbow. Tissues are also ok.

Stay home when you are sick.

Don't share water bottles, food, towels, utensils, etc.

Throw away used tissues and disposable items.

Frequently clean touched surfaces with household disinfectant, leave slightly wet and allow to air dry for best disinfection.

Respectfully, stay away from sick people.

Avoid going to large public venues such as theaters or sporting events.



**HARVARD UNIVERSITY**  
Health Services

[www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)  
[www.harvard.edu/coronavirus](http://www.harvard.edu/coronavirus)