

WHAT IS PHYSICAL DISTANCING AND WHY IS IT IMPORTANT?

Physical distancing or social distancing means keeping a distance of at least 6 feet (2 meters) from others while outside. It is important because evidence shows that the virus can be carried as far as 6 feet (2 meters) away with a cough or sneeze so it's important to keep this safe distance away.

That is why we are strongly advised to stay at home and avoid unnecessarily going outside. A person may already harbor the virus and yet not show any signs and symptoms. If so, one may unknowingly be transmitting the virus to others and cause more spread in the community. We can all help to stop this virus from spreading by **STAYING HOME** and keeping a safe distance of 6 feet (2 meters) when outside the home. **Anyone violating these restrictions is now subject to fines.**

