SOCIAL DISTANCING 101

Social distancing are actions that communities can take to reduce face-to-face contact which may help reduce the spread of disease.

INDIVIDUALS AND FAMILIES
- Stay home and do not go out in public when you are sick
- Avoid medical settings unless necessary
- Give six feet of space from others
- Wave instead of handshakes
- Practice excellent personal hygiene habits

AT WORK
- Work in ways that minimize close contact with people
- Minimize groups over 10
- Encourage telecommuting
- Clean your workspace frequently

THOSE AT HIGHER RISK
Public Health recommends that people at higher risk of severe illness should stay home and away from large groups of people

Those at higher risk includes people:
- Over 60 years of age
- With underlying health conditions
- With weakened immune systems
- Who are pregnant

For Coronavirus status updates, safety precautions, and links to more information, visit: redmond.gov/COVID-19 or kingcounty.gov/covid