



# Social Distancing Fact Sheet

**Information contained in this fact sheet is based on current scientific principles and common sense. Recommendations may change during a pandemic event as additional scientific and clinical information about the pandemic influenza virus becomes available.**

## What is Social Distancing?

Social distancing involves taking measures to slow the spread of pandemic influenza by limiting the opportunities for exposure. The general recommendation is to avoid crowding and close contact by keeping three feet between yourself and others.

## Individuals

- Stay at home if you are sick.
- Limit exposure to other people within 6 feet.
- Minimize exposure to enclosed spaces containing crowds, such as movie theatres, grocery stores, gas stations, schools, malls, etc.
- Clean your hands often—with soap and water or alcohol-based hand rub if your hands are not visibly soiled.
- Cover your cough/sneeze with a tissue or your sleeve. Discard used tissues immediately.
- Avoid touching your eyes, nose or mouth with your hands in case they are contaminated with discharges from the nose/throat of an ill person.

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- Greet others with a wave or a smile rather than a handshake.
- Avoid exposure to the saliva of other people by not sharing drinking glasses or eating utensils.
- Use your own pen or other utensils.
- Use a credit card outside when purchasing gasoline.

### Businesses

- Implement strategies that request and enable employees to stay home at the first sign of influenza symptoms.
- Minimize close contact among employees by encouraging use of the telephone, fax, Internet, and video conferencing. If more than one person uses a phone or computer, sanitize between users.
- Consider modifying workstation arrangements to allow > 3 ft between stations.
- Extend your hours and allow flexible schedules to minimize the number of workers present at any one time.
- Enhance technology as needed to support employee telecommuting, conference calls and remote customer access.
- Offer alternative places to eat meals, such as large conference rooms or work areas, rather than keeping your lunchroom open.

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- Stagger breaks and lunch hours.
- Implement guidelines to minimize close contact (< 3 ft) between employees and customers (e.g. extended business hours, establish on-line order systems, establish outdoor delivery systems, etc...)
- Provide hand sanitizer at each entrance and checkout. (It may be best not to use cart)

### Places of Worship

- Consider increasing the number of worship services to decrease attendance at each one.
- Talk with your local cable company to determine if services can be broadcast to people at home.
- Suspend large social gatherings such as coffee hours after services and youth group meetings.
- Send religious school lessons home with students or post lessons on your web site.
- Provide support and counseling by telephone whenever possible.
- Evaluate other activities that involve close contact and consider modifications/cancellation.

### Large Public Gatherings

- Begin discussions now with your local cable company to determine if events can be broadcast to people at home.

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- Work with state and local authorities to identify options, including community containment measures such as postponing/canceling events or losing for a period of time.

*For further information, contact the  
Oklahoma City County Health Department  
(405) 425-4437*

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