



# Social Distancing during the COVID-19 Pandemic

## What does this mean?

Per the CDC, social distancing “means remaining out of group settings, avoiding mass gatherings, and maintaining physical distance (approximately 6 feet or 2 meters) from others when possible.” Social distancing slows and decreases transmission of viral infections, which limits the effects on individuals, schools, workplaces and the health care system. During this pandemic everyone is susceptible to COVID-19 and you could then transmit it to others more vulnerable than you.

## General hygiene tips

- When ill, avoid contact with people, even family members, friends and roommates, as much as possible.
- Wash your hands frequently with soap and water for 20 seconds, including before and after eating, and after using the restroom. If soap is not available, use alcohol-based hand sanitizer.
- Cover your cough and sneeze. Cough into your elbow or sleeve. Dispose of tissues in the trash and wash your hands.
- Avoid touching your eyes, nose, and mouth.
- Use disinfectant wipes to clean commonly-touched surfaces including phones, computer keyboards/mouse, tables, desks, bathroom sinks/counters, and doorknobs.

## How else can I practice social distancing?

- Avoid handshakes, hugs, and kisses. Substitute something else — smile, wave or bump elbows.
- Avoid crowds, such as public transportation. Keep 6-foot distance between you and others in line at the grocery store.
- Substitute ZOOM meetings to replace all face-to-face meetings. Eliminating face-to-face meetings will reduce the opportunity for virus transmission. Continue on-line learning. If you need help, contact the Collaborative Learning Center @ (774) 354-0651.
- Spend time outdoors on nice days, be sure to avoid contact with others, observe the 6-ft guideline. Open windows to increase ventilation.
- Use social media to stay connected with friends, family, and the College.

**When socially distancing, remember to not take it to the extreme and remove yourself from the world -- you still have to participate, but do it in a safe way until the pandemic clears.**

Adapted from:

1. <http://ldh.la.gov/assets/docs/EmergencyPrep/SocialDistancinginInfluenzaPandemic.pdf>
2. <https://www.publichealth.va.gov/docs/flu/pandemic/fs6-flu-factsheet.pdf>

[In conjunction with UMASS-Lowell 4/1/2020](#)