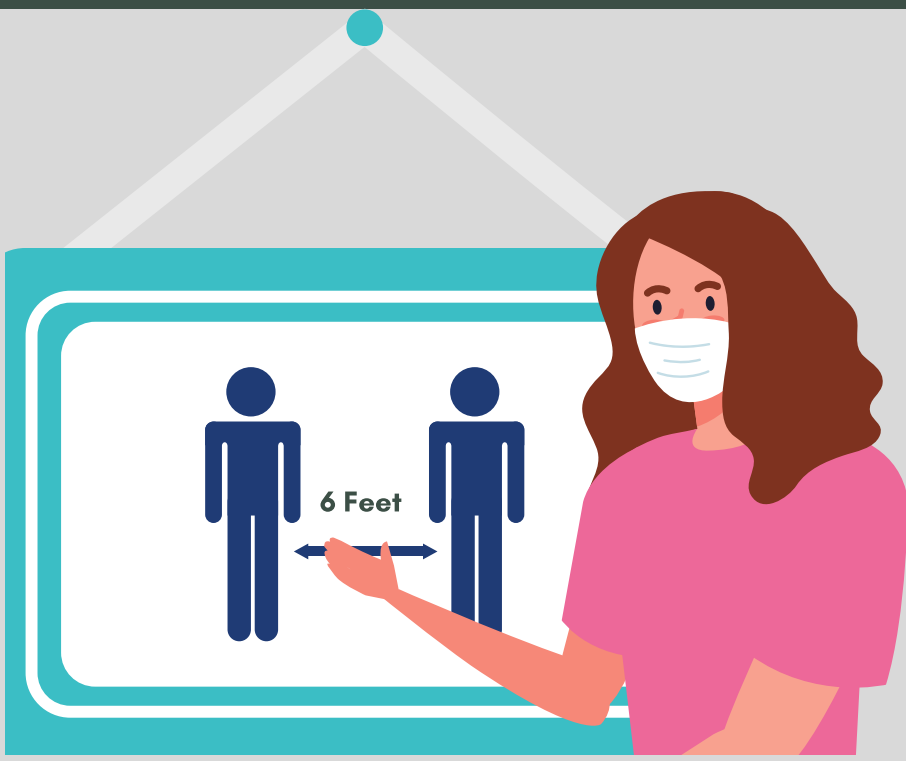


ALL ABOUT PHYSICAL DISTANCING



WHAT IS PHYSICAL DISTANCING?

To help reduce and slow the spread of COVID-19, *it's important to put at least 6 feet of space between yourself and others in public settings.*

WHY IS IT IMPORTANT?

Physical Distancing limits exposure to COVID-19 by reducing face-to-face contact and preventing spread among people in public settings.

WHAT DOES 6 FEET OF SPACE LOOK LIKE?

6 feet of space is about 2 arms length away.

WHEN DO YOU PRACTICE PHYSICAL DISTANCING?

In public settings and around people who are not in your household.

DO I STILL NEED TO WEAR A MASK IF I PRACTICE PHYSICAL DISTANCING?

Yes. Masks and Physical Distancing work together as a team to keep you and others safe and healthy.

Source: CDC

Learn more at brainenergysupportteam.org



HEALTH COMMISSION
SERVING SOUTH SNOHOMISH COUNTY