

Manlius Pebble Hill School

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Social Distancing Measures and Considerations from the U.S. Centers for Disease Control

To slow the spread of COVID-19 through U.S. communities, the U.S. Centers for Disease Control and Prevention has encouraged Americans to practice "social distancing" measures.

Social distancing is a public health practice that aims to prevent sick people from coming in close contact with healthy people in order to reduce opportunities for disease transmission. It can include large-scale measures like canceling group events or closing public spaces, as well as individual decisions such as avoiding crowds.

With COVID-19, the goal of social distancing right now is to slow down the outbreak in order to reduce the chance of infection among high-risk populations and to reduce the burden on health care systems and workers. Experts describe this as "flattening the curve," which generally refers to the potential success of social distancing measures to prevent surges in illness that could overwhelm health care systems.

Other important considerations from the CDC include:

1. Avoid mass gatherings over 50 people for the next 8 weeks. Therefore, CDC, in accordance with its guidance for large events and mass gatherings, recommends that for the next 8 weeks, organizers (whether groups or individuals) cancel or postpone in-person events that consist of 50 people or more throughout the United States.
2. Maintain a distance of approximately 6 feet from others when possible; Note: Please refrain from shaking hands.
3. Wash your hands often with soap and water for at least 20 seconds; if soap and water are not available, use hand sanitizer that contains at least 60% alcohol.
4. Stay home when you are sick, except to get medical care.
5. Cough or sneeze into your elbow.
6. Avoid touching your eyes, nose, and mouth with unwashed hands.
7. Practice other good healthy habits including drinking lots of water.