



**Public Health**  
Prevent. Promote. Protect.

Hendricks County Health Department

# Keep your Distance, Slow the Spread

## A GUIDE TO SOCIAL DISTANCING

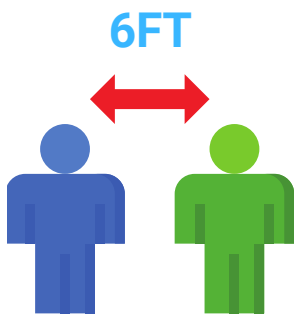
### What is Social Distancing?

Social distancing, or "physical distancing" means keeping space between yourself and other people outside of your home.

### Why practice Social Distancing ?

Keeping space between yourself and others is one of the best tools we have to avoid being exposed to 2019 novel coronavirus and slowing its spread locally and across the country and world.

### How to Practice Social Distancing



Stay at least 6 feet  
away from other  
people.



Avoid gathering  
in groups.



Cover your mouth and nose  
with a cloth face cover when  
going to crowded places.

Stay up to date and learn more about how to protect yourself at:

[cdc.gov/coronavirus/](https://www.cdc.gov/coronavirus/)  
&  
[coronavirus.in.gov](https://www.coronavirus.in.gov)