

# PRACTICE PHYSICAL DISTANCING

Without a specific vaccine or treatment for this disease, physical distancing is an effective and readily available tool we have to slow the spread of COVID-19. Everyone should be aware and practice physical distancing.



## Physical distancing measures include:

- Staying home as much as possible
- Staying **at least** 6 feet apart from others who are not part of your household
- Avoiding nonessential travel
- Avoiding places where people gather
- Avoiding crowds, especially in poorly ventilated spaces
- Using verbal salutations in place of handshakes or hugs

**Older adults and those with underlying health conditions should stay home as much as possible.**

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Source: Los Angeles County Department of Public Health