

Social Distancing and Stop the Spread



Read the text about Social distancing and stop the spread on section A and section B.

Social Distancing and Stop the Spread

A

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.

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The the U.S. Centers for Disease Control and Prevention defines social distancing as it applies to COVID-19 as "remaining out of congregate settings, avoiding mass gatherings, and maintaining distance (approximately 6 feet or 2 meters) from others when possible."

It's particularly important—and perhaps obvious—to maintain that same 6-foot distance from anyone who is demonstrating signs of illness, including coughing, sneezing, or fever.

Along with physical distance, proper hand-washing is important for protecting not only yourself but others around you—because the virus can be spread even without symptoms.

Social Distancing and Stop the Spread

B

Along with physical distance, proper hand-washing is important for protecting not only yourself but others around you—because the virus can be spread even without symptoms.

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Activity 1

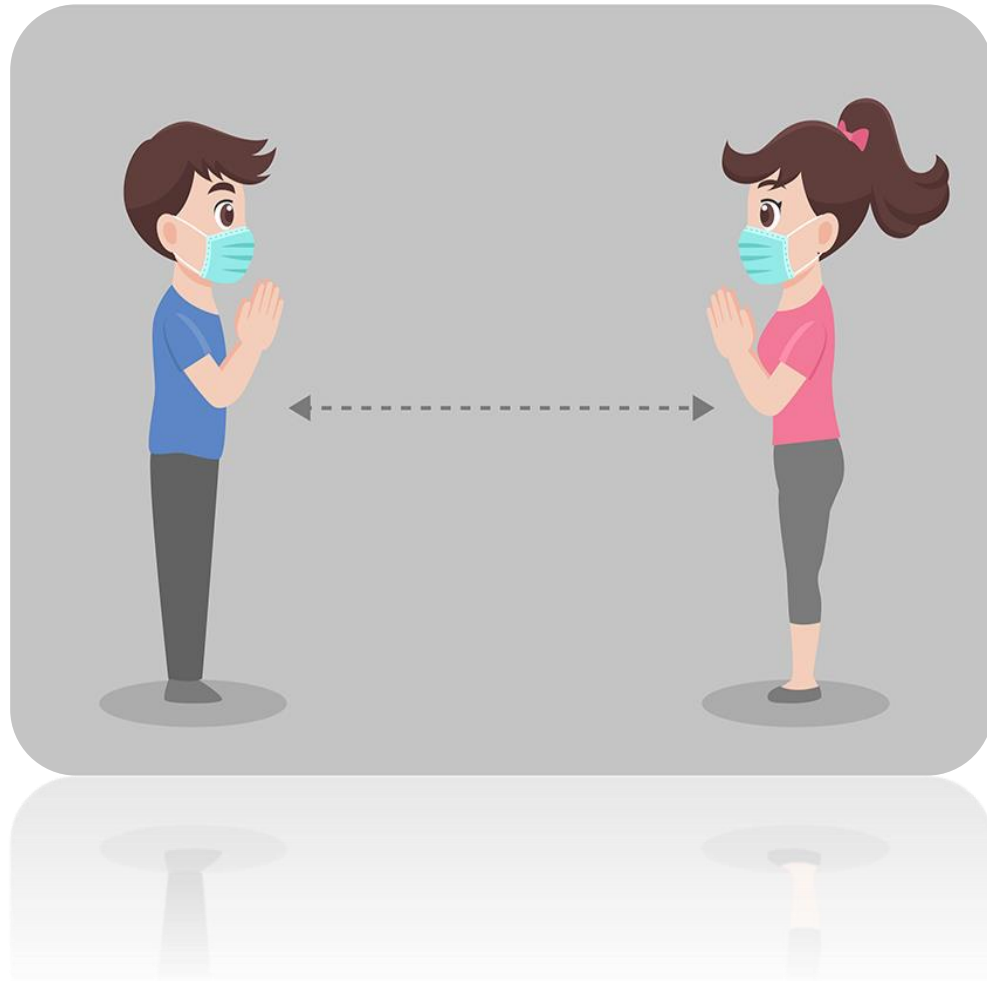
Directions: Read the passage again and match the following headings with each section.

1. How do I practice social distancing?
2. What is social distancing?

2. What is social distancing?

1. How do I practice social distancing?

Practice Social Distancing



Practice Social Distancing

On the broader scale, a number of actions taken in recent days are designed to encourage social distancing, including:



Schools, colleges, and universities suspending in-person classes and converting to remote online instruction



Cities canceling events, including sporting events, festivals, and parades

Practice Social Distancing



Workplaces encouraging or mandating flexible work options, including telecommuting



Organizations and businesses canceling large gatherings, including conferences



Houses of worship suspending services