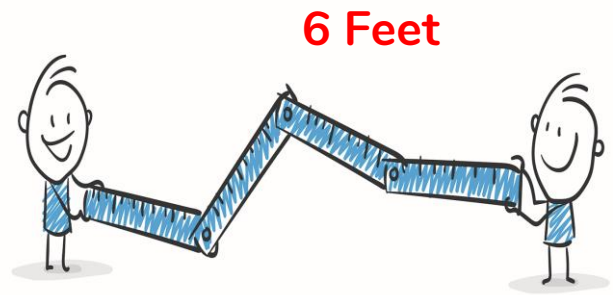


Social Distancing: Why It Matters

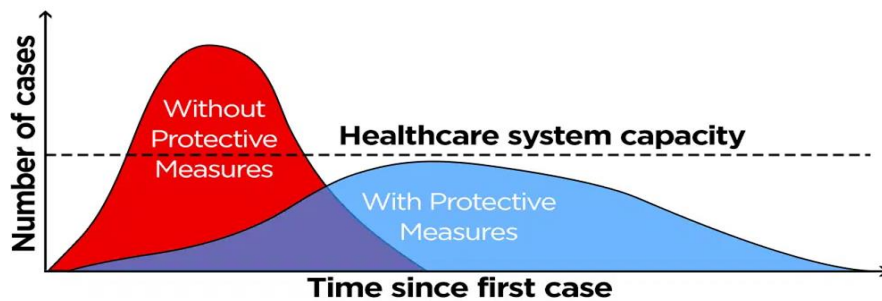
Why is it important?

Social distancing is to protect you, your family, and people in your community from catching the disease and spreading it to others, thus reducing the number of new **infection cases**.



Flatten the Curve

By practicing social distancing, we can do our part to flatten the curve and not overwhelm the capacity of our healthcare system. This is to make sure all patients get the help that they need in a timely manner.



Adapted from CDC / The Economist

What is Social Distancing?

Social distancing is the act of putting space between you and others to stop or slow down the spread of a contagious disease. This means **avoiding crowded places and keeping a physical distance (at least 6 feet) between you and others**.

What does this look like in action?

- Avoid groups and minimize contact with people outside of your household
- Limit time spent outside of your home to avoid exposure
- Avoid physical touch by waving instead of handshaking or giving high fives
- Wear a mask, bandana, scarf or cloth to cover your face



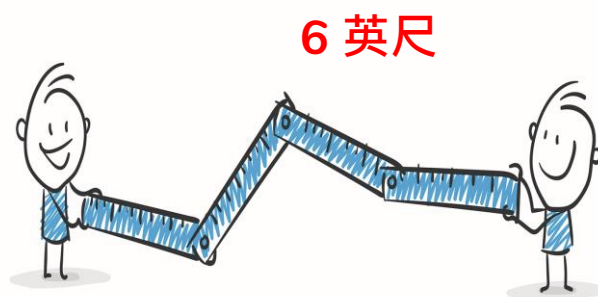
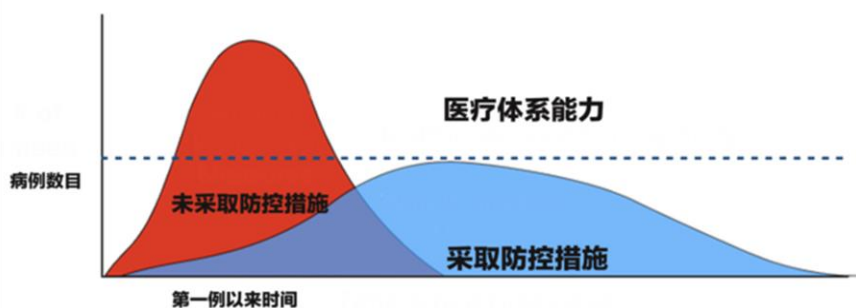
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保持社交距離：為何如此重要？

為何如此重要？

社交距離是爲了保護您、您的家人和社區民衆，以降低感染病毒以及將病毒傳播給他人的風險，從而減少新的感染病例出現。



展平曲綫

通過保持社交距離，我們可以盡自己的力量使曲綫變平，即減緩冠狀病毒的傳播速度，避免醫療體系不堪重負。這樣可以確保所有患者能及時獲得救護。

什麼是社交距離？

社交距離是指在您和其他人之間留出一定空間以阻止或減慢傳染病傳播的行爲。**這意味著要避免人群擁擠的地方，並保持您與他人之間至少6英尺距離。**

如何付諸行動？

- 避免集體活動，並儘量減少與家人以外的人接觸
- 限制外出時間以避免暴露於病毒
- 避免身體接觸，用揮手的方式互相問候，以代替握手和擊掌
- 戴上口罩，頭巾，圍巾或布遮住臉部