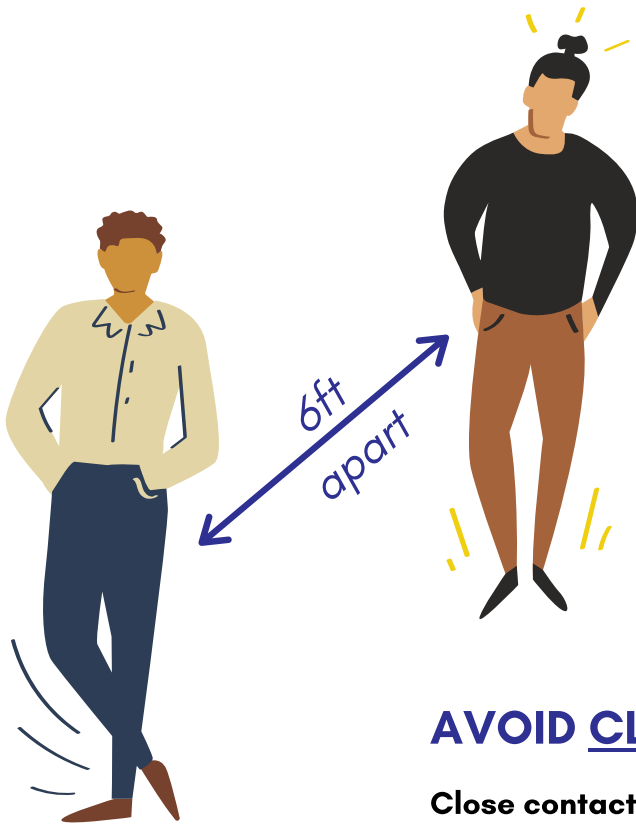


# CORONAVIRUS

## Social Distancing and Close Contact

You can help stop the spread of communicable diseases by following the recommended steps for prevention. Some of these prevention guidelines include: washing your hands frequently, avoiding close contact and social distancing. Social Distancing and Close Contact have been defined below.



### PRACTICE SOCIAL DISTANCING

Social Distancing means to avoid close contact\* and large crowded gatherings, especially those of 100 or more where there is a higher risk of exposure. In order to slow the spread of a virus, you should also: cover you cough and sneeze, frequently wash your hands or use hand sanitizer, and avoid touching your face. **If you are worried you may have coronavirus but feel well, please stay home and call your physician.**

Source: Centers for Disease Control and Prevention

### AVOID CLOSE CONTACT

**Close contacts** are defined as persons within approximately 6 feet (2 meters) or within the room or care area for more than 30 mins of an infected person or having direct contact with infectious secretions while the case patient was likely to be infectious (beginning 1-2 days prior to symptoms onset and continuing until resolution of illness).

Source: Centers for Disease Control and Prevention



### QUESTIONS?

Visit [BuffaloTraceHealth.com](https://www.buffalotracehealth.com) for links to additional resources. If you need to speak with someone in person to ask questions you may call BTDHD at **1-606-564-9447** or the KY COVID-19 Hotline at **1-800-722-5725**