

## Teach Your Family about Safe Distancing:

We can ask the question ..... how do we teach our family especially children about social distancing?

### **What Is Social Distancing?**

Social distancing puts space between people. When people who are infected with the coronavirus stay away from others, they can't pass it to anyone else. This way, fewer people get sick at the same time. Then, doctors and hospitals are better able to keep up with treating those who are sick and need care.

Coronavirus (COVID-19) is spreading through communities in many countries now. The best way to fight this spread is for everyone to practice social distancing and stay home.

### **Social Distancing means:**

- Not going out unless it is necessary. Necessary reasons to go out include buying food, getting medical care, or going for a walk or a bike ride alone or with members of the household.
- Closing schools, restaurants, shops, movie theaters, and other places where people gather
- Not getting together in person with friends
- Work from home if possible
- Not taking public transportation, including buses, subways, taxis, and rideshares

### **During this health crisis, it is best to take a "better safe than sorry" approach.**

#### **This means:**

- Keep your family home and away from others as much as possible. Do not have friends and extended family over, and do not go to their homes. People who look healthy still can be infected and can spread the virus.
- It is important to stay away from everyone, even if they do not seem sick.
- If you have to go out, make sure you are at least 6 feet (2 meters) away from other people. Viruses can spread when someone sneezes or coughs out tiny droplets. They may even spread when people talk. These droplets do not usually travel more than 6 feet before falling to the ground. Also, follow the advice on wearing a cloth face covering (or a face mask, if you have one).
- If you are caring for someone who is sick, take all recommended precautions. It is important to keep that person away from others.

### **Why Are Schools Closed if Children Are Not Sick?**

Children do not seem to get as sick from coronavirus as adults. But infected children can still spread the virus to people who could become seriously ill. Closing schools protects everyone in a community.

### **Can Children Still Get Together With Friends?**

You can help your children stay connected with friends and extended family members by setting up video visits or video playdates, but that does not mean we need to feel isolated or lonely. With a bit of creativity, some neighborhoods have created scavenger hunts or homemade bingo games to keep a feeling of togetherness. Children can walk or ride with their parents in search of "treasures" or stuffed animals. These give children fun things to do outside while still keeping physical distance from neighbors.

You also can plan family activities. Taking a walk or a hike or riding bikes are great ways to get out and get active without having physical contact. Try to find quiet streets or less well-known paths for these outings with the family. It is best not to go to parks where other people might gather, especially those with things that lots of children use, like jungle gyms.

### **You Can Still Be Social:**

The official phrase is "social distancing," but it can help to think of it as "physical distancing" instead. We can still be social, just in different ways. Take advantage of social media and video apps to support each other, laugh together, and take care of each other until the virus is under control.

**Thank you.**