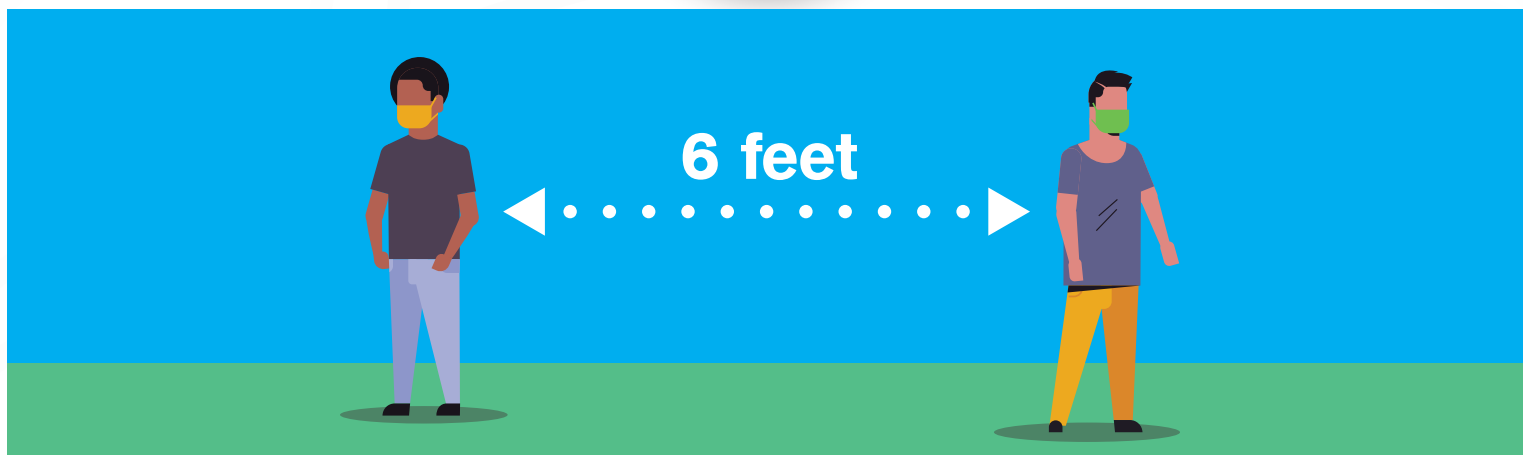


**STAY SAFE
DUPAGE**



SOCIAL DISTANCING GUIDELINES



Social distancing is defined as the avoidance of close contact with other people during the outbreak of a contagious disease in order to minimize exposure and reduce the transmission of infection. According to the CDC, you should maintain about six feet of personal space and avoid public places.

Social distancing measures may include:

- ▶ Limiting patrons at a movie theater or shopping mall
- ▶ Limiting restaurants to delivery and curb side pick operations (No contact with counter staff or restaurant servers)
- ▶ Don't use shared utensils at self-service or sampling stations
- ▶ Schools suspending classes
- ▶ Cancelling large meetings and gatherings
- ▶ Cancelling sporting events, concerts, etc.
- ▶ Restricting social activities at nursing homes
- ▶ Self-quarantine and/or isolation

Remember to:

- ▶ Cover your mouth and nose with a cloth face cover when around others.
- ▶ Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.
- ▶ Wash your hands often
- ▶ Cover your nose and mouth with a tissue when you sneeze
- ▶ Do not touch your eyes, nose or mouth with unwashed hands
- ▶ Stay home if you are sick and avoid contact with people who are sick
- ▶ Be sure to drink plenty of fluids and get plenty of rest

DuPage County Health Department is stressing the importance of screening employees and excluding from work if employees are exhibiting symptoms.

Screening measures include the following for COVID-19:

- ▶ Fever of 100.4°F or greater
- ▶ Dry cough
- ▶ Shortness of breath