State of Illinois
Illinois Department of Public Health

COVID-19 Social Distancing

Social distancing actions are taken to restrict when and where people can gather to stop or slow the spread of coronavirus disease (COVID-19) or other infectious diseases in communities. Social distancing actions include limiting large groups of people coming together, closing buildings or canceling events.

Protect yourself and your community

Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing or sneezing. If you don't have soap or water, use an alcohol-based hand sanitizer with at least 60 percent alcohol. Avoid close contact with people who are sick and stay home when you're sick.

Change your daily habits

Avoid shopping at peak hours and take advantage of delivery or pick-up services with retailers.

Work with your employer

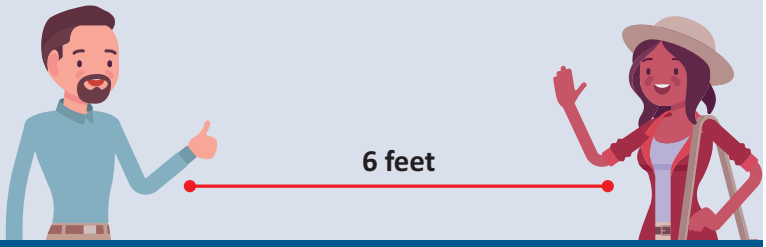
Cooperate with leadership to change company practices, set up flexible shift plans, have employees telecommute, and cancel large meetings or conferences.

Universities and colleges

Consider suspending on campus classes, implementing web-based learning and canceling large campus meetings and gatherings.

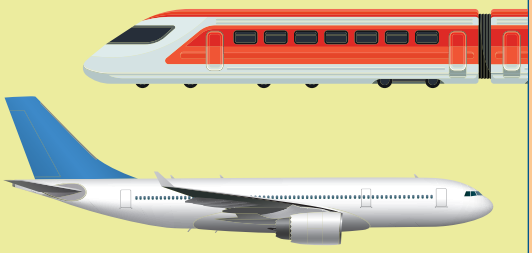
Keep at least six feet between you and others.

Avoid shaking hands as a social greeting.



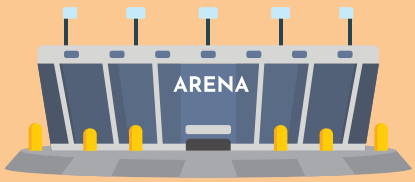
Public transit

Avoid public transit if possible and don't travel to areas with active outbreaks.



Crowded places

Avoid crowded places. Events with 1,000 or more people have been canceled. Community events with 250 or more recommended be canceled or postponed. Major sports events are canceled.



IDPH
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Questions about COVID-19?
Call 1-800-889-3931 or email dph.sick@illinois.gov
Illinois Department of Public Health - www.dph.illinois.gov

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