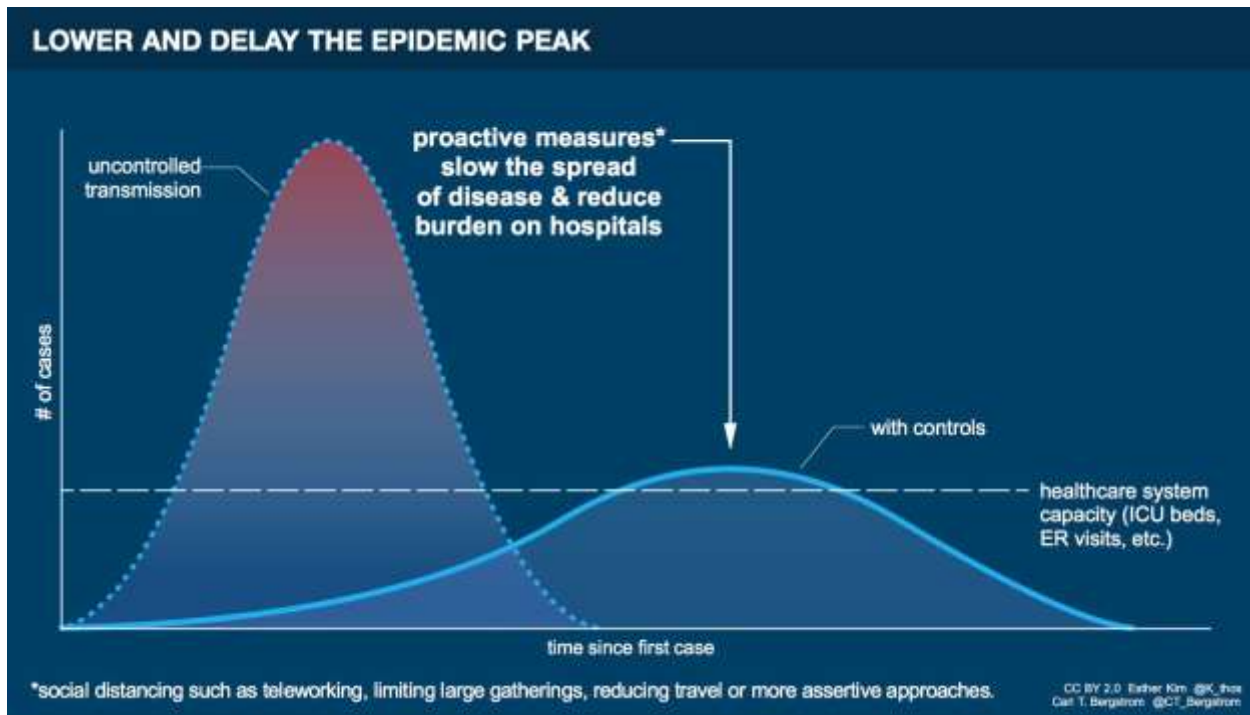


The Value of Social Distancing and what you can do!

Social Distancing is a term which describes people maintaining distance and not congregating in close quarters. Below is a graphic showing how proactive measures such as social distancing can slow the spread of disease and reduce the burden on our healthcare system. Our hospitals are at or near capacity every day; a pandemic illness like COVID-19 immensely stresses the system. With social distancing, we can help to “flatten the curve” of uncontrolled transmission.



Actions Residents Can Take

The Governor also urged older adults and those with health issues to avoid large crowds and large events. To that end, MAPHCO advises those over 60 years of age or those with compromised immune systems or underlying health issues to consider the following:

- limiting travel
- shopping off-hours
- avoid large gatherings such as concerts, parties, movie cinemas
- avoid congregant religious services, or sit at least six feet away from others, avoid peace handshakes, avoid communion
- senior centers and community meals
- don't shake hands or give hugs.

While the elderly and those with existing health issues are the most vulnerable to the effects of the Coronavirus, the rest of us can be carriers, so it may not be the best time to visit your friends and loved ones, even if you don't think you're sick. Hospitals and long-term care facilities are actively restricting visitation for that reason.