

# How Social Distancing “Flattens the Curve”

**Proper social distancing minimizes transmission of disease.**

COVID-19 is known to spread through person-to-person contact, mainly through respiratory droplets from actions such as:

- Coughing
- Sneezing
- Talking



**The Center for Disease Control & Prevention recommends 6 feet of social distance from one another.**

This includes but is not limited to:



- Limiting travel to stores
- Avoiding large gatherings
- Sanitizing/washing hands after travel

**Without the practice of social distancing, the number of COVID-19 cases would be much higher.**

