

Strict Social Distancing - Newton, MA
week of March 15, 2020

Strict avoidance of ALL nonessential contact with other people is currently the only available tool to prevent ongoing transmission.

The symptoms of coronavirus take 4-5 days to manifest, but during this time an infected person can transmit the virus.

In simple terms, act as if you and the people around you are asymptotically infected and capable of transmitting the virus.

Social distancing can not only help you and your family but is also the best way to help our health care system to manage this outbreak.

DO's	DON'Ts
<p>Call, text, and use social media to connect <i>Check in with friends and neighbors by phone or other technologies rather than in person. Clean your phone at least once a day.</i></p>	<p>Host parties or play dates <i>The symptoms of coronavirus take four to five days to manifest themselves. Someone who comes over looking well can transmit the virus so even having only one friend over creates new links and possibilities for transmission.</i></p>
<p>Avoid crowds and gatherings of any size</p>	<p>Go to movies, restaurants, religious services or other large gatherings</p>
<p>Go outside <i>Take runs, walks or bike rides, but when you go outside do your best to maintain at least six feet between you and non-family members.</i></p>	<p>Go to playgrounds <i>Coronavirus can live on plastic and metal for up to nine days, and these public play structures aren't getting regularly cleaned.</i></p>
<p>Prepare you own food as much as possible <i>Use take-out or delivery only if necessary. Clean containers and wash hands before eating. Consider buying gift certificates for restaurants and other businesses, for future use.</i></p>	<p>Share food</p>
<p>Do be in communication with the elderly in your community and offer help as needed <i>Our elderly neighbors are at greater risk. Check in and see whether you can help them with things like groceries and other essentials. Wash your hands prior to handling any items you are going to drop off.</i></p>	<p>Visit nursing homes or other areas where large numbers of the elderly reside <i>The elderly are at the highest risk for complications and mortality from coronavirus.</i></p>
<p>Request the ability to work from home</p>	<p>Use public transportation unless you have no other alternative <i>If possible, travel during non peak times and make sure to wash hands before and after the trip.</i></p>
<p>Go out for essentials like groceries and health appointments <i>Be mindful of your exposure. Shop at off-peak times and wash your hands before and after your trip. If possible, leave your kids at home.</i></p>	<p>Hoard food, cleansers, or health supplies <i>Hoarding supplies negatively impacts others, including our health care workers and vulnerable neighbors. Buy what you need and leave some for everyone else.</i></p>