



Livingston County Department of Health COVID-19: What is Social Distancing?

What is social distancing and why is it important?

Social distancing is a way to keep people from interacting closely or frequently enough to spread an infectious disease. Schools and other gathering places such as movie theaters may close. Sports events and religious services may be cancelled. Social distancing protects you and your community from getting and spreading the COVID-19.

What supplies should I have at home?

Nonperishable and ready-to-eat food, including special foods—such as nutrition drinks and ready-to-feed formula—for infants, people with dietary restrictions, food sensitivities and allergies, and medical conditions such as diabetes. Other personal care items may be needed such as hygiene products, medications, medical supplies, baby diapers if needed. Don't forget planning for your pets.

I feel fine, but I'm bored. Can I go out?

Everyone has a role to play in getting and staying healthy. Shopping, eating out, or even going to the movies increase the risk of spreading COVID-19. Avoiding public gatherings of 50 or more people is best. For more information on staying mentally healthy during social distancing events, please visit: <https://store.samhsa.gov/system/files/sma14-4894.pdf>

What do I do if I have symptoms?

If you have fever over 100.5⁰F, cough, shortness of breath stay home and call your healthcare provider. If you feel that you need an ambulance tell the dispatcher that you have COVID-19 symptoms. If possible, call Emergency Room prior to arriving.

Get the facts!

For updates on the coronavirus, visit the CDC:
<https://www.cdc.gov/coronavirus/2019-ncov/>

For general COVID-19 questions call: 1-888-364-3065, or
Livingston County Department of Health at 1-877-280-6775.

