

# Social Distancing



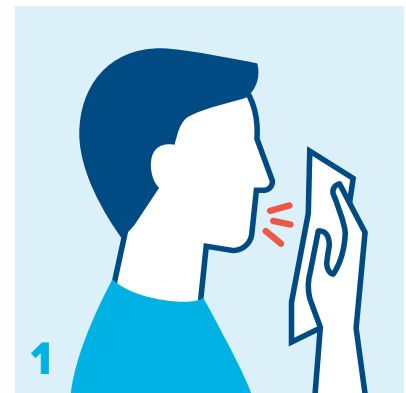
**Try to stay at least 6 feet from people to stay healthy and help slow the spread of viruses such as coronavirus, influenza and colds.**

**For example**, sit with chair(s) or space between you and other people in a waiting area.

Medical research shows this can greatly help to reduce the spread of infectious disease.

## Some additional best practices:

1. Cover coughs and sneezes with a tissue or your elbow (not your hands)
2. Wash or sanitize your hands
3. Avoid touching your eyes, nose and mouth.



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