



Social distancing is the practice of deliberately placing physical space between people. It is recommended that people stay at least six feet from each other to avoid spreading the disease.

Events like cruises, festivals, and sporting events, as well as large gatherings, are being canceled across the United States. The cancellation of these events helps to slow down and possibly stop the spread of [COVID-19](#).

Other ways to practice social distancing include working from home, closing schools, online classes instead of in-person instruction, calling or video chatting with family and friends instead of visiting in person and canceling or postponing large meetings and conferences.

Those who have been exposed to COVID-19 and who are at risk of contracting the disease should practice self-quarantine. Anyone who self-quarantines should do so for a minimum of 14 days, according to health experts. This period gives them enough time to determine if

they have contracted the disease and are sick and if they will be contagious to others.

Those who have recently traveled outside the United States or have recently visited an area in which COVID-19 is rapidly spreading should practice self-quarantine. Those who have been exposed to someone with COVID-19 should self-quarantine as well.

If you are under self-quarantine, you should practice standard hygiene and wash your hands frequently. It would be best if you stayed at home and not have any visitors. It would help if you also kept a six-foot distance between yourself and others in your household. Don't share things like utensils or towels.

If you do not have any symptoms at the end of your quarantine period, then you should follow your doctor's advice on how to proceed with your regular daily routines.

Those who have tested positive for COVID-19 should be isolated. This means that they should not be around anyone who is not infected, including members of their household. This can be done either at home or in a health care facility or hospital, but with the rapid spread of COVID-19, isolation is usually done at home. If infected people are isolated in a health care facility, protective measures should be taken by those caring for them.

Right now, this pandemic seems overwhelming. And if a large number of people contracted the virus in a short period and these people all sought medical treatment at the same time, this would overwhelm hospitals. There could be a shortage of beds, supplies, and even doctors.

But everyone can contribute to shutting down the virus by practicing social distancing, standard hygiene procedures, and self-quarantine and isolation when needed. This way, hospitals and doctors will be able to keep up with supplies and provide care to those who need it.