



COVID-19 Information

Office of Health Services 443-809-6368

COVID-19 & Social Distancing FAQ

What is social distancing?

Social distancing is a way to reduce risk of catching COVID-19.

- There are a range of ways to socially distance, including:
 - Staying at home – the most strict and safest form
 - Staying outdoors and at least 6 feet apart from others, and
 - Staying at least 6 feet from other persons while indoors.

Why is social distancing important?

- Everyone is at risk for COVID-19.
- The highest risk of spread is between people who are in close contact when an infected person coughs, sneezes, talks or eats.
- Some people without symptoms may be able to spread the virus.

How did they decide 6 feet was safer?

- COVID-19 is passed between people mostly on droplets that come from a person when they cough, sneeze or talk.
- Most of these infected droplets don't travel more than 6 feet.
- Being 6 feet apart lowers the amount of virus you are exposed to. The less virus you are exposed to, the lower your chances of becoming infected.

Why is outdoors safer?

- Being outdoors will dilute the infected virus particles and lower the amount of virus exposure.

What can we do indoors to be safer?

- Be in as large of a room as possible. This will increase air flow and dilution of particles.
- Keep the number of persons as small as necessary. The fewer people in the space, the better the ventilation.
- Be sure that the air handling system is operating. Report any concerns about the heating/air conditioning system to BCPS Maintenance.

If I have to be closer than 6 feet with another person, how can I protect myself?

- Wear your face covering.
 - If you are working with a student who is unable to wear a face covering, wear a face shield in addition to your face covering.
- Keep the amount of time you are in close contact as short as necessary.



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- Spending more *time* with people who may be infected increases your risk of becoming infected.
- Being within 6 feet of a person for 15 or more minutes, is considered a high-risk exposure.
- If you have a high-risk exposure to a person with COVID-19 while or just before they have symptoms, you will need to quarantine for 14 days.
- Be sure to wash your hands regularly.

Are there types of social distancing that can keep me safer?

- Minimize the number of people you interact with.
- Try to stay with the same small group (“cohort”) of people.
- Interacting with more and different people raises your risk since some people may have the virus and not know it since they have no symptoms.

Do you ever need to socially distance in your own home?

- Yes, you should maintain social distance (at least 6 feet distance) from any household member who is sick.