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### **What is “Social Distancing”?**

The Colorado Department of Public Health and Environment (CDPHE) describes social distancing methods as ways to increase physical distance between people in schools and workplaces, at community events and at other places people gather. Examples include:

- Staying home.
- Not shaking hands. Instead, bump fists or elbows.
- Increasing distance between people to 6 feet to help reduce spread.
- Reducing the number of large group gatherings or activities.
- Keeping children and teens from gathering in other public places.

Here are some recommendations from [Colorado Department of Public Health & Environment](#), [Centers for Disease Control](#) and [American Academy of Pediatrics](#):

- Socializing outdoors is better than indoors.
- Smaller groups are best.
- If you are sick, stay home.
- If you live with someone who is over 60 years old or chronically ill, be extra careful.
- Wash your hands frequently.