



Safety Stand-Down

A Different Type of 6-Foot Rule – Social Distancing

What is Social Distancing?

Social distancing is a public health practice that aims to prevent sick people from coming in close contact with healthy people in order to reduce opportunities for disease transmission. It can include large-scale measures like cancelling group events or closing public spaces, as well as individual decisions such as avoiding crowds.

How do I practice Social Distancing?

The Centers for Disease Control and Prevention defines social distancing as “remaining out of congregate settings (church or school), avoiding mass gatherings, and maintaining distance (approximately 6 feet) from others when possible. This means no hugs, no handshakes.

It is particularly important to maintain that same 6-foot distance from anyone who is demonstrating signs of illness, including coughing, sneezing, or fever.

Along with physical distance, proper handwashing is important for protecting not only yourself but others around you.

Wash your hands any time you enter from outdoors to indoors, before you eat, and before you spend time with people who are more vulnerable including older adults and those with serious chronic medical conditions. Avoid touching your face.

Does Social Distancing work?

Studies show that it does. Social distancing, along with other interventions such as closing schools and banning public gatherings can significantly lower death rates from pandemic outbreaks such as COVID-19.



(Note: Have each person present sign the back of this form.)

Signature of Foreman

Date