

Key Times to Practice Social Distancing (38 seconds)

Keeping your distance from others helps reduce the spread of COVID-19.

Stay at least 2 meters or 6 feet away from others:

- Inside your home, when someone has, or thinks they have, COVID-19, **and**
- Outside your home, in indoor or outdoor spaces, when you are around people who do not live in your household.

When enjoying time with others, remember to:

- Stay at least 2 meters or 6 feet away from others,
- Wear a mask,
- Wash your hands often or use hand sanitizer, **and**
- Stay out of crowded places, if possible.

To learn more, visit [c-d-c dot g-o-v slash coronavirus](https://www.cdc.gov/coronavirus).