

## Social Distancing Transcript

During a large infectious disease outbreak, a lot of people can get sick as a virus spreads easily from person to person.

The virus spreads in droplets when a person who is sick coughs or sneezes.

Being close to other people makes it easier for you to catch the virus.

All of us can avoid spreading or getting viruses during a large outbreak by practicing social distancing, which means staying at least six feet away from other people.

Stay away from busy places where many people are gathered, too.

Because viruses can be more dangerous for people who are old or have medical conditions such as heart disease and diabetes, it's especially important to practice social distancing so seniors and people who have a weak immune system don't get sick.

The best way to help yourself and help others is to stay home as much as possible, and practice social distancing whenever you do have to go out.

You can also keep yourself and your family safe by:

- Staying home if you are sick
- Avoiding people who are sick
- Avoiding events or large gatherings

During a large infectious disease outbreak or pandemic, health officials might require businesses to close temporarily to slow the spread of illness.

Events like concerts, public gatherings, and faith-based activities may be cancelled for a while to help people avoid crowds.

But even during a pandemic, grocery stores, pharmacies and the post office will stay open so people can buy food, medicine, and supplies.

Some businesses like restaurants have a drive-through, walk-up service, or delivery, so there are a variety of places for people to shop without going inside.

If you need to go inside a grocery store or pharmacy, stay at least six feet away from other people.

Buy only what you and your family need.

There will be plenty of supplies.

## SOCIAL DISTANCING TRANSCRIPT

Families are asked to keep a two-week supply of food and medicines on hand.

Take the bus or train only if you can't get there by driving or walking.

If you must take public transportation, leave six feet of space between yourself and other people.

If the bus or train is full, wait for the next trip.

If you must take public transportation, wash your hands often, cover your coughs and sneezes, and try to avoid touching your face.

Do not take public transit if you are sick.

Avoid visiting people who are sick or who are at higher risk of becoming sick.

Doing so, helps everyone stay as healthy as possible.

And remember: stay at home if you are sick, wash your hands often, and cover your cough.

Learn more by visiting [health.mn.gov](http://health.mn.gov)

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