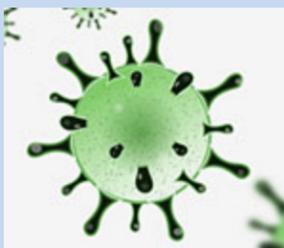


# SOCIAL DISTANCING

Together, we can slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other. Social distancing is proven to be one of the most effective ways to reduce the spread of illness during a pandemic. With patience and cooperation, we call all do our part.



## FOR MORE INFORMATION:

- (605) 353-6214 - Local Call Center
- [covid.sd.gov](https://covid.sd.gov)
- [cdc.gov](https://cdc.gov)

### What does Social Distancing mean?

This means making changes in your everyday routines in order to minimize close contact with others, including:

- Avoiding crowded places and non-essential gatherings
- Avoiding common greetings, such as handshakes
- Limiting contact with people at higher risk (e.g. older adults and those in poor health)
- Keeping a distance of at least 2 arms lengths (approximately 6 feet) from others, as much as possible

### Here's how you can practice social distancing:

- Greet with a wave instead of a handshake, a kiss or a hug
- Stay home as much as possible, including for meals and entertainment
- Shop or take public transportation during off-peak hours
- Conduct virtual meetings
- Conduct virtual playdates for your kids
- Use technology to keep in touch with friends and family

If possible,

- Use food delivery services or online shopping
- Exercise at home or outside
- Work from home

### Remember to:

- Wash your hands often for at least 20 seconds and avoid touching your face
- Cough or sneeze into the bend of your arm
- Avoid touching surfaces people touch often

### If you're concerned you may have COVID-19:

- Separate yourself from others as soon as you have symptoms
- If you are outside the home when a symptom develops, go home immediately and avoid taking public transit
- Stay home and follow the advice of the South Dakota Department of Health, who recommend self-isolation
- Call ahead to a health care provider if you are ill and need medical attention
- Call the Beadle County COVID-19 Call Center at (605) 353-6214
- If you require emergency services, notify the dispatcher of your symptoms



**Beadle County  
Unified Task Force**

- [Instagram: beadlecountycovid\\_19](https://www.instagram.com/beadlecountycovid_19)
- [Twitter: @19\\_beadle](https://twitter.com/@19_beadle)
- [Facebook: Beadle County Covid-19](https://www.facebook.com/BeadleCountyCovid-19)