



*To serve, protect
and promote
a healthy community for all.*

Socially Connected & Physical Distancing

Let's be honest, [social distancing](#) is hard to practice. It's in our nature to come together, connect and be in community with others. During stressful times we find many of us want to be in the company of others, it makes us feel better. Many people have dedicated much of their lives encouraging and inviting others to attend church or their place of worship. Participation in service and fellowship from a distance is difficult. But, it's very important to stay the course, be vigilant and practice physical distancing with members outside our own households. Remember we can connect and be social virtually and remain physically distant.

Dawn Davies, Kent County Health Department Public Health Educator and self-proclaimed hugger shares, "I'm Italian, I don't know how to communicate without hugging and touching." This is a new social landscape that we all have had to face, and practice and it's really been difficult. Maintaining physical distances and constantly washing hands, wearing masks and not touching our faces is inconvenient and requires constant vigilance", Dawn shares.

Dawn also shares "We must remind ourselves that behaviors that reduce risk significantly are worth continuing even if they don't eliminate it altogether. It's also important to keep in mind what's at stake, those who have been hospitalized or have lost their lives due to COVID-19 – a fate that could befall any of us. We need to keep reminding ourselves that this is temporary, to take it one day at a time and that we'll get through this together".

The Facts:

- COVID-19 spreads mainly among people who are in close contact (within about 6 feet) for a prolonged period.
- Spread happens when an infected person coughs, sneezes, or talks, and droplets from their mouth or nose are launched into the air and land in the mouths or noses of people nearby.
- The droplets can also be inhaled into the lungs.
- Recent studies indicate that people who are infected but do not have symptoms likely also play a role in the spread of COVID-19.

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes. However, this is not thought to be the main way the virus spreads. COVID-19 can live for hours or days on a surface, depending on factors such as sunlight, humidity, and the type of surface. Social distancing helps limit opportunities to come in contact with contaminated surfaces and infected people outside the home.

Although the risk of severe illness may be different for everyone, anyone can get and spread COVID-19.

Everyone has a role to play in slowing the spread and protecting themselves, their family, and their community.

Stress and Coping. Everyone reacts differently to stressful situations and having to socially distance yourself from someone you love can be difficult. [Read tips for stress and coping.](#)