

# Physical Distancing

COVID-19 is frequently transmitted by “**asymptomatic**” or “**presymptomatic**” individuals – they don’t feel sick, so they don’t know they are sick. That’s why **physical distancing** is so **important**.

Keep at least **6 feet** (about 2 arms’ length) from other people indoors and outdoors.

- Do not gather in groups.
- Stay out of crowded places and avoid mass gatherings.

- Observe posted maximum occupancy of rooms.
- Do not move furniture or change configurations and space setups.
- Comply with partitions, stanchions, and other physical barriers or visual cues intended to maintain physical distancing.

