

HELP PREVENT COVID-19 WITH **SOCIAL DISTANCING**

University of
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Amherst

HAVE TO GO OUT? KEEP 6 FEET OF DISTANCE BETWEEN YOU AND OTHERS WHENEVER POSSIBLE.

WHY DOES IT MATTER? IT CAN HELP LIMIT THE SPREAD OF CORONAVIRUS (COVID-19).

WHAT IS IT? STAYING AWAY FROM CLOSE CONTACT IN PUBLIC SPACES, AVOIDING LARGE CROWDS & GATHERINGS.



Call/Facetime/
online chat with
friends and family.



Stay home as much
as you can.



If you must go out:

- Don't gather in groups
- Stay 6 feet away from others
- Don't shake hands or hug



**And please
continue to
wash your hands
frequently.**

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Environmental Health & Safety

[UMass.edu/coronavirus](https://umass.edu/coronavirus)