



COVID-19 Information

Office of Health Services 443-809-6368

COVID-19 & Social Distancing FAQ

What is social distancing?

Social distancing is a way to reduce risk of catching COVID-19.

- There are a range of ways to socially distance, including:
 - Staying at home – the most strict and safest form
 - Staying outdoors and at least 6 feet apart from others, and
 - Staying at least 6 feet from other persons while indoors.

Why is social distancing important?

- Everyone is at risk for COVID-19.
- The highest risk of spread is between people who are in close contact when an infected person coughs, sneezes, talks or eats.
- Some people without symptoms may be able to spread the virus.

How did they decide 6 feet was safer?

- COVID-19 is passed between people mostly on droplets that come from a person when they cough, sneeze or talk.
- Most of these infected droplets don't travel more than 6 feet.
- Being 6 feet apart lowers the amount of virus you are exposed to. The less virus you are exposed to, the lower your chances of becoming infected.

Why is outdoors safer?

- Being outdoors will dilute the infected virus particles and lower the amount of virus exposure.

What can we do indoors to be safer?

- Be in as large of a room as possible. This will increase air flow and dilution of particles.
- Keep the number of persons as small as necessary. The fewer people in the space, the better the ventilation.
- Be sure that the air handling system is operating. Report any concerns about the heating/air conditioning system to BCPS Maintenance.

If I have to be closer than 6 feet with another person, how can I protect myself?

- Wear your face covering.
 - If you are working with a student who is unable to wear a face covering, wear a face shield in addition to your face covering.
- Keep the amount of time you are in close contact as short as necessary.



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- Spending more *time* with people who may be infected increases your risk of becoming infected.
- Being within 6 feet of a person for 15 or more minutes, is considered a higher-risk exposure.
- If you have a higher-risk exposure to a person with COVID-19 while or just before they have symptoms, you will need to quarantine for 10 days.
- Be sure to wash your hands regularly.

Are there types of social distancing that can keep me safer?

- Minimize the number of people you interact with.
- Try to stay with the same small group (“contact circle”) of people.
- Interacting with more and different people raises your risk since some people may have the virus and not know it since they have mild or no symptoms.

I share a work space with a small group of other people, is that okay?

- As long as your desk/work area is six feet apart from others, you may share work space.
- This would not be considered “private” work space since other persons are there, so you must wear a face covering.

Do you ever need to socially distance in your own home?

- You should maintain social distance (at least 6 feet distance) from any household member who is sick.