

HOW CANCELED EVENTS AND SELF-QUARANTINES SAVE LIVES

THIS IS HOW WE ALL HELP SLOW THE SPREAD OF CORONAVIRUS

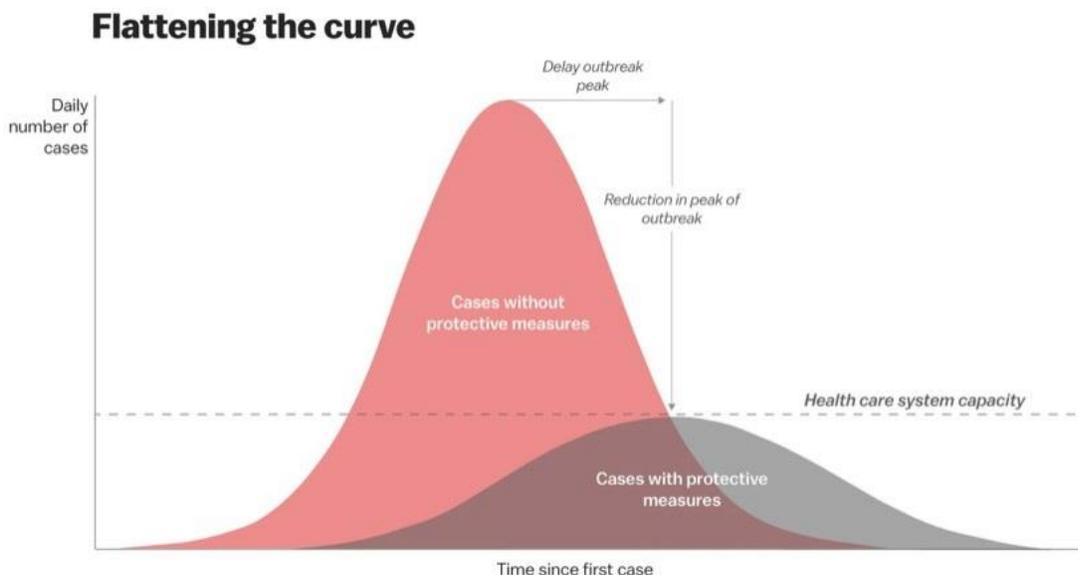
What is Social Distancing?

“Social Distancing” is a phrase that keeps being used by scientists and public servants with respect to managing the COVID19 outbreak, but what does it mean?

It doesn't mean you should never go outside or that you need to maintain a 6-foot perimeter around yourself at all times. Although, suit yourself if this might make you happy. Social distancing is mainly focused on groups. It restricts when and where large groups can gather. You can practice personal social distancing by telecommuting (if possible) and avoiding social gathering places (especially during busy hours). You might elbow bump instead of shaking hands, but above all use common sense, and wash your hands. If you are sick, please stay home.

Flatten The Curve

Flattening the curve means that all the social distancing measures aren't so much about preventing illness but rather slowing down the rate at which people get sick. The CDC advises that people over age 60 and people with chronic medical conditions—the two groups considered most vulnerable to severe pneumonia from Covid-19—to “avoid crowds as much as possible”. So even if you're young and healthy, it's your job to follow social distancing measures to avoid spreading it to others and keep the epidemic in slow motion.



Source: CDC

Staying Home helps prevent the US health system from being overloaded

Courtesy of VOX.com

At this point, with the virus spreading in America, the top priority is making sure the health care system avoids being flooded with very sick patients who need ventilators and intensive care. Remember, America's hospitals and doctors are already dealing with their usual caseloads during a pretty bad flu season. Now they have to be ready to handle any Covid-19 patients who come their way. One thing people can do to help is stay home if they are feeling unwell and especially if they received a formal Covid-19 diagnosis and advice to self-isolate. That way, the US health care system can focus on the patients who really need it during the outbreak.

Please refer to the City of Haslet website at <http://haslet.org/563/CORONA-VIRUS-COVID-19-INFORMATION> and Tarrant County's website for information about the Coronavirus, current statistics, and prevention recommendations at <https://www.tarrantcounty.com/content/main/en/county/tarrant-county-covid-19-information.html>