

In a world where people are connected all the time, social distancing is not easy. On the other hand, it is a way to slow-down the spread of contagious diseases.

What do we mean by “social distancing” to prevent (or slow-down) the spread of the virus SARS-CoV-2 which causes the disease known as COVID-19? It means limiting close contact with others and, when we are near other individuals, staying about six feet away from each other. Remember ... SARS-CoV-2 is a *novel* coronavirus. That means, among other things, that it's new (so at the start of the contagion no one has a built-in immunity against it).

If we practice social distancing, while the novel coronavirus is still prominently among us, we can reduce our chances of getting sick and allow the country to “flatten the curve” (as Dr. Fauci, director of the National Institute of Allergy and Infectious Diseases) strongly advocates.

What does “flattening the curve” mean? In short ... if the virus spreads so fast that it stretches our health-care system too far, there may be insufficient help available for individuals who really need it.

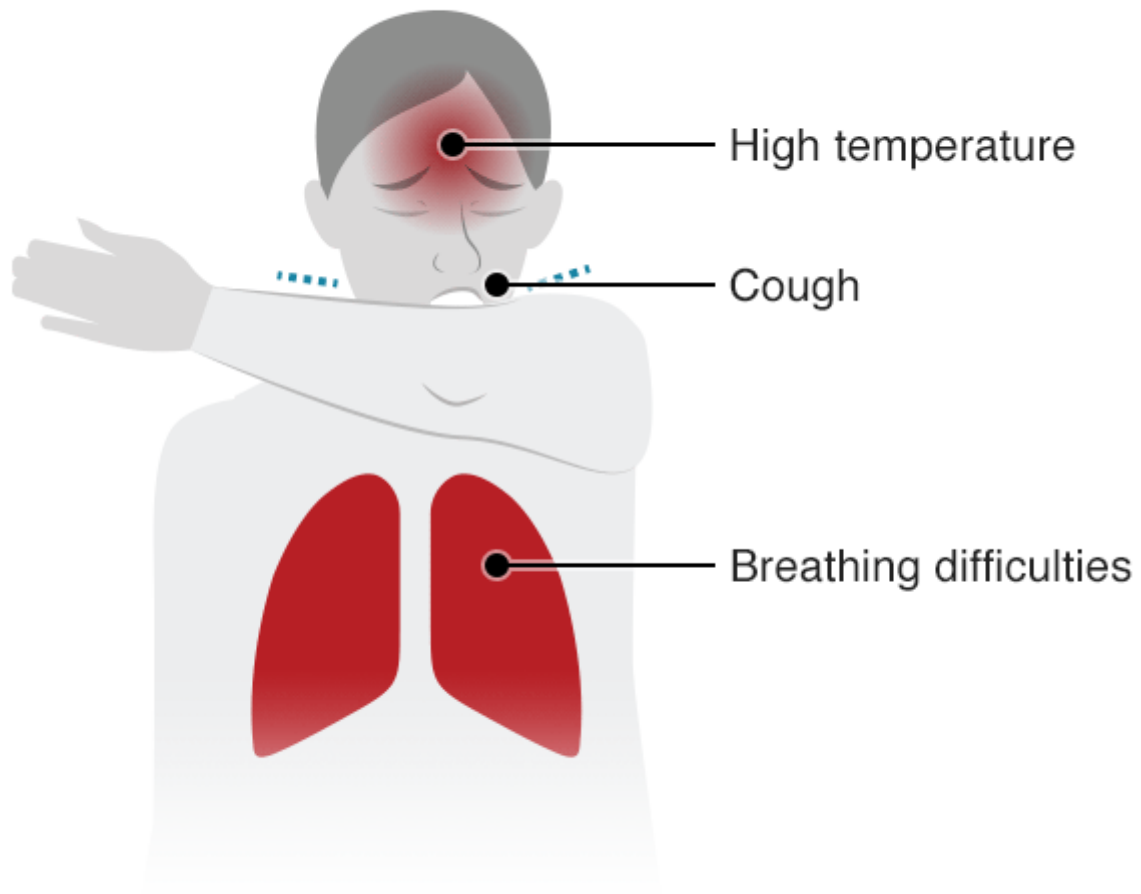
On the other hand ... if social distancing (and other preventive measures, such as proper hand washing) substantially slow-down the spread of the virus, health-care systems won't be over-burdened. Plus, a slow-down in the virus' spread would give researchers more time to assess effective treatment protocols, develop a vaccine (or perhaps even find a cure).

What are the main components of social distancing?

- Stay home (as much as possible);
- Don't shake hands;
- Don't greet people with hugs and kisses;
- Avoid crowded places and areas;
- Keep a distance of 6 feet between yourself and others;
- Avoid public transportation (if at all possible);
- If you're sick, STAY HOME (and away from other people)!!
  
- DO go outside; fresh air is good for everyone.

What are the main symptoms of COVID-19?

# Coronavirus: Key symptoms



Source: NHS

BBC

As important as anything else ... use your common sense and good judgment to govern your own individual actions.

Credits:

Image of a flattened curve online via the CDC (Centers for Disease Control).

See Alignments to State and Common Core standards for this story online at:

<http://www.awesomestories.com/asset/AcademicAlignment/Social-Distancing-to-Flatten-the-Coronavirus-Curve>

See Learning Tasks for this story online at:

<http://www.awesomestories.com/asset/AcademicActivities/Social-Distancing-to-Flatten-the-Coronavirus-Curve>