

Social Distancing Q&A

Barry A. Klinger, summary of article by Kaitlynn Tiffany, The Atlantic, 3/12/2020,
with further post-article updates 3/19/2020

	Carolyn Cannuscio Cntr Public Health Initiatives, U Penn	Albert Ko Epidemiology Dept Yale School of Public Health	Crystal Watson Cntr for Health Security, Johns Hopkins U
Haircuts & Similar Services?	Postpone now, later give a big tip	If no widespread community transmission locally.	Postpone
Visiting Elderly Relatives?	One soc. distancing person for essentials; others virtual	Avoid visiting assisted living and nursing homes.	Assisted living/nursing: limit visits or virtual visits
Bars & Restaurants?	No.	Stay 6-10 feet away from others when not in lockdown.	Not if disease is spreading widely
Gym?	No. Exercise outside, away from others	Yes, but maintain distance, disinfect, wash hands.	
Parties & Weddings?	Think about postponing	Postpone, otherwise open space, maintain distance	Ask sick not come, postpone if disease widespread locally
Invite Small Group of Friends Home?	Only if 2 households that only socialize with each other	Maybe, but spread out, clean surfaces, limit numbers	Virtual.
Date?	Try not to - text or call!	Yes, one-on-one not so dangerous.	Virtual.
Public Transit?	Best to telework, walk, ride off-peak, ride-sharing service	Only if necessary; thorough handwashing & distance	Avoid if you can, take if you must.
Grocery Store?	Go when few others there; have deliveries left at door	If older than 60, special hours for elderly if available.	
Common Space in my Building?	When room not getting heavy use	Physical distancing, hygiene.	
Physical contact, partner/roommate?	OK if monogamous & limiting other social contacts	Too hard not to	Yes unless sick.
https://www.theatlantic.com/family/archive/2020/03/coronavirus-what-does-social-distancing-mean/607927/			