# Safety Tips for Domestic Workers:

What is social distancing?

The most important thing we can all do right now to slow the spread of coronavirus is to limit our face to face contact with other people. "Social distancing," also called "physical distancing" means maintaining a safe distance between ourselves and anyone else outside of our home, and staying home as much as possible. We hope that domestic workers will be able to stay home to care for ourselves and our families, and to slow the spread of the virus. However, we know that for many domestic workers, staying home from work is not an option. If you do need to continue working, and for other reasons that are necessary to leave your home (like going to the grocery store), here are guidelines from the Centers for Disease Control and Prevention (CDC) to practice social distancing:
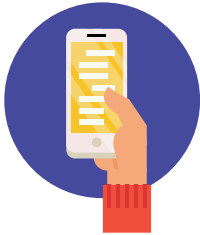
1. Follow guidance for your city or state on locations that are closed and other protective measures.

2. If you need to shop for food or medicine at the grocery store or pharmacy, stay at least 6 feet away from other people.

3. Cover your mouth and nose with a cloth face cover when around others, for example in the grocery store. Keep at least 6 feet between yourself and others, even when you wear a face covering.

4. Avoid large and small gatherings in both private and public spaces, including a friend's house, parks, restaurants, shops, or any other place.

5. Children should not have in-person playdates while school is out.

6. If possible, avoid using public transportation, rideshares like Uber or Lyft, or taxis.

Why is it important to practice social or physical distancing?

COVID-19 spreads mainly among people who are in close contact (within about 6 feet) for a prolonged period. Spread happens when an infected person coughs, sneezes, or talks, and droplets from their mouth or nose are launched into the air and land in the mouths or noses of people nearby. Some people may be infected with the virus and not have any symptoms, but can still spread it this way. Although the risk of severe illness may be different for everyone, anyone can get and spread COVID-19. Everyone has a role to play in slowing the spread and protecting themselves, their family, and their community.