



Public Health
Prevent. Promote. Protect.
Ontario County, NY

Ontario County Public Health COVID-19: What is Social Distancing?

What is social distancing and why is it important?

Social distancing is a way to keep people from interacting closely or frequently enough to spread an infectious disease. Social distancing protects you and your community from getting and spreading the COVID-19. Social distancing also ensures that our hospitals have room to take care of sick patients.

I feel fine, but I'm bored. Can I go out?

Everyone has a role to play in staying healthy. Low risk situations like taking a walk, walking the dog or sitting on your back porch is encouraged and are good for your mental health. Please remember that every trip you take to the store may increase your risk of getting or spreading COVID-19. For more information on staying mentally healthy during social distancing events, please visit: <https://store.samhsa.gov/system/files/sma14-4894.pdf>

What do I do if I have symptoms?

If you have fever over 100.5⁰F, cough, shortness of breath stay home and **call your healthcare provider**. If you feel that you need an ambulance tell the dispatcher that you have COVID-19 symptoms. **If possible call Emergency Room prior to arriving.**

Get the facts!

For updates on the coronavirus, visit the CDC:
<https://www.cdc.gov/coronavirus/2019-ncov/>

For general COVID-19 questions call: 1-888-364-3065

Ontario County Public call: 585-396-4343

Email: Covid19@co.ontario.ny.us

