Try to stay at least 6 feet from people to stay healthy and help slow the spread of viruses such as coronavirus, influenza and colds.

For example, sit with chair(s) or space between you and other people in a waiting area.

Medical research shows this can greatly help to reduce the spread of infectious disease.

Some additional best practices:

1. Cover coughs and sneezes with a tissue or your elbow (not your hands)
2. Wash or sanitize your hands
3. Avoid touching your eyes, nose and mouth.

health.ucdavis.edu/coronavirus