

## Safe Social Distancing

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Maintaining a safe social distance involves avoiding crowds and deliberately staying at least 6 feet away from people outside your household – and is one of the best ways to reduce the spread of COVID-19.

Medical experts agree that COVID-19 spreads when an infected person coughs, sneezes or talks, and droplets from their mouth or nose are inhaled or get into the mouths or noses of people nearby. Keeping at least 6 feet from others reduces the chance of this transmission occurring. Wearing a mask protects yourself and others even more.

The Centers for Disease Control and Prevention (CDC) offers these tips for practicing safe social distancing when going out in public:

- If possible, use drive-thru, curbside pick-up, or delivery services to limit face-to-face contact with others. Keep a safe distance between you and the delivery person during exchanges and be sure to [wear a mask](#).
- Go into stores only when necessary, stay at least 6 feet away from others and wear a mask while shopping and in lines. Pay attention to any physical guides, such as tape markings on floors or signs on walls, that indicate 6 feet.
- Stay in touch with friends and family by calling, using video chat or staying connected through social media. If meeting others in person, meet outdoors and stay at least 6 feet apart.
- Avoid crowded places and gatherings where it may be difficult to stay at least 6 feet away from others who are not from your household.
- Choose activities like walking or cycling where you can maintain at least 6 feet of distance between yourself and others.

Remember to give other people 6 feet of space when you pass by them in both indoor and outdoor settings. And wearing a mask is always beneficial, but especially important when physical distancing is difficult. For more tips from the CDC, visit [CDC .gov](https://www.cdc.gov).\*

Employees can find information on the company's response to COVID-19 on the *FirstEnergy Today* portal, the [Corporate Health & Safety SharePoint site](#) or [MyFirstRewards.com](https://myfirstrewards.com) . Please print and post important information for employees who do not access the portal routinely.

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