

# FEDERAL SOCIAL DISTANCING GUIDELINES EXTENDED THROUGH APRIL 30



President Donald Trump announced he was extending the federal social distancing guidelines for an additional 30 days to help contain the spread of coronavirus disease 2019 (COVID-19). The original 15-day guidelines were set to expire March 30, 2020, but the 30-day extension keeps them in place through April 30.

## What's included in the guidelines?

Practicing social distancing typically involves:

- Avoiding mass gatherings with more than 10 people
- Staying 6 feet away from others at all times
- Staying at home as much as possible

## What else can you do?

There are also other ways you can prevent the spread of COVID-19, including:

- Listening to and following state and local guidance and directions
- Staying home if you feel sick
- Keeping sick children at home
- Quarantining your household if one person has tested positive for COVID-19
- Staying home and away from others if you're an older American or have an underlying health condition

## Do Your Part

Social distancing will only work to stop the spread of COVID-19 if everyone follows the guidelines. Do your part to slow the spread today by keeping these guidelines in mind.