

# FEDERAL SOCIAL DISTANCING GUIDELINES EXTENDED THROUGH APRIL 30

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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.