

Updated guidance for social/physical distancing: If gatherings are necessary, limit the number of people to 10.

Community Action

Protect Our Town. Slow It Down.



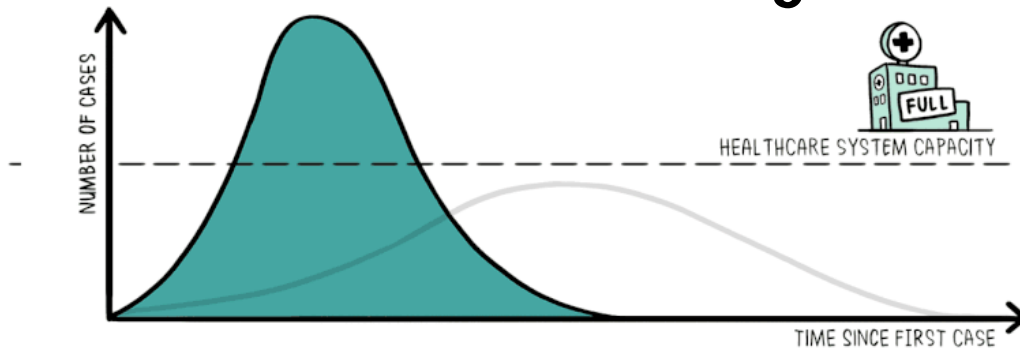
Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District
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Community Mitigation [Mi-ti-gay-shun] and why we **ALL** should practice it

- *What is community mitigation?* Actions taken by the community that help slow the spread of a disease.
- *Why should we practice it?* To slow down how quickly the virus will go from person to person. If we **ALL** take action we can stop hospitals from being overrun.

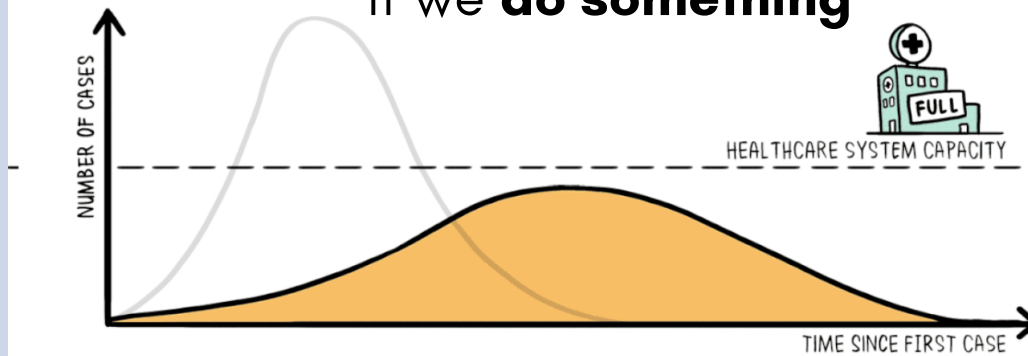
If we **do nothing**



@SIOUXSIEW @XTOTL @THESPINOFFT

*ADAPTED FROM @DREWAHARRIS, THOMAS SPLETTSTÖBER (@SPLETTE) AND THE CDC' CC-BY-SA

If we **do something**



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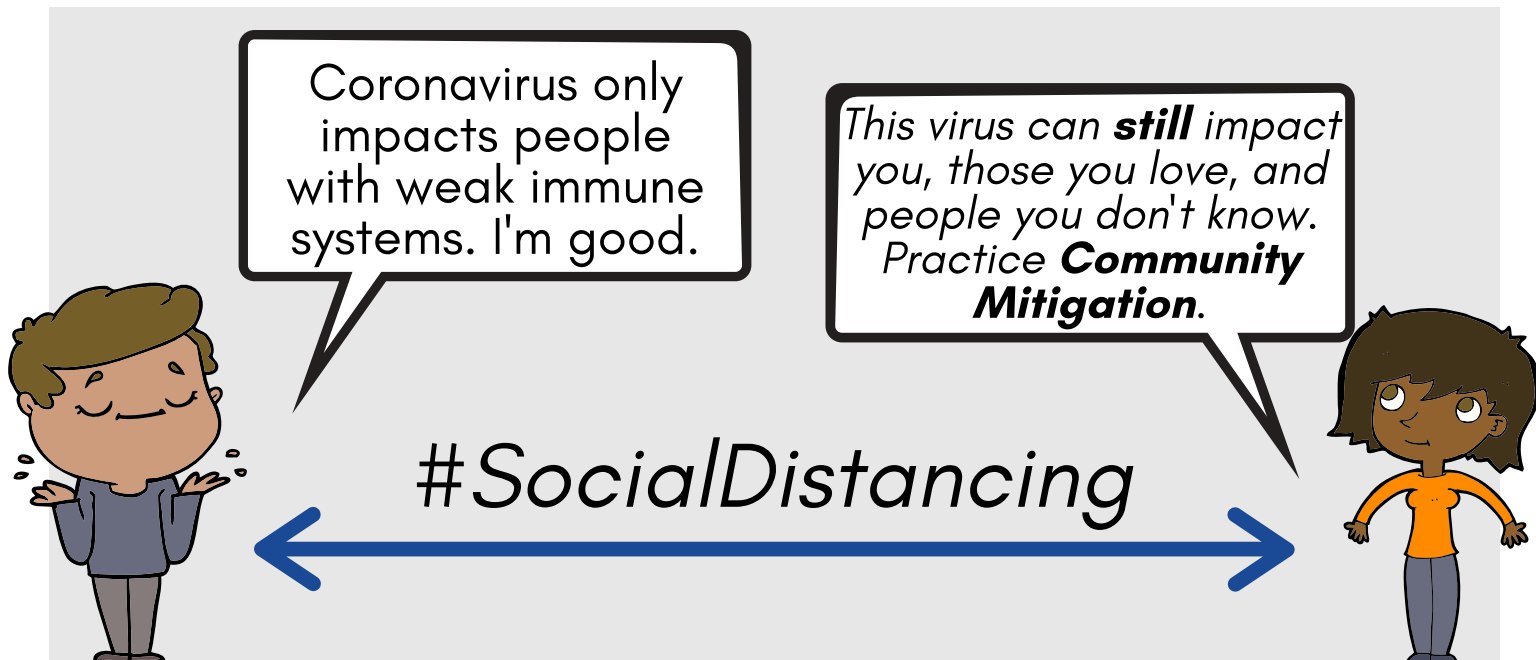
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Community Actions

- Provide work from home options
- Extend paid sick leave to all employees
- Postpone large social gatherings
- #SocialDistancing: Stay 6 feet away from other people
- Check in on your community
 - Healthy people can offer childcare
 - Help everyone stock supplies
 - Donate financial aid to those in need

Individual Actions

- #SocialDistancing: Stay 6 feet away from other people
- Stay home from work when sick
- Cover coughs and sneezes
- Wash your hands (warm water, soap) for 20 seconds, frequently
- Routinely clean "high touch" surfaces in your home and workplace
- Stock 2 weeks of food and household items



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