Dear parent, guardian, or caregiver,

Social distancing is a major inconvenience. In fact, it’s a huge disruption. But social distancing interventions are absolutely necessary to slow the spread of COVID-19. Every one of us must do our part to slow the spread of this virus right now. This protects us and our loved ones who are at high risk for disease.

What does social distancing mean for our daily lives?

* It generally means we stay out of places where people gather in groups of 10 or more such as movie theaters, religious gatherings, public transportation, group fitness classes, and coffee shops. We all need to stay at home as much as possible. And when it isn’t possible, we need to work together to stay at least six feet away from each other.
* Schools are operating in alternate learning environments to keep students from spreading germs to one another and to the community. We need to keep them away from each other. Please do not arrange large playdates, sleepovers, or parties. Take your children to parks and enjoy the outdoors.
* Many people cannot work from home. If it is at all reasonable for you to do your work at home, please do. Every day.

Stopping a pandemic in its tracks calls for cooperation, patience, hand washing and, yes, isolation. We can do it. And while we are working to stay physically apart from one another, think about what you can do to maintain connections with your friends, relatives, and neighbors. Call a friend to check in. Help your children draw a picture or a card to mail to a relative. Deliver a note to a neighbor’s porch. Stay connected, from a distance of at least six feet.

Fight stigma and misinformation by getting your information from trusted sources. Listen to guidance from the [Centers for Disease Control and Prevention (CDC)](http://www.cdc.gov/coronavirus/), [the World Health Organization (WHO)](https://www.who.int/emergencies/diseases/novel-coronavirus-2019), and [your local health department](http://dhhs.ne.gov/Pages/Local-Health-Departments.aspx).

Thank you for your cooperation.