Social distancing

This photo shows how the #coronavirus spreads like wildfire. It is also a stark reminder of why social distancing is so crucial in preventing the spread of contagious diseases. **By minimizing the amount of close contact we have with others, we reduce our chances of catching the virus and spreading it to our loved ones and within our communities.** Transmission can also be fueled by those who feel healthy and might not be experiencing coronavirus symptoms.

If we do nothing, we will see a rapid escalation of infections. That sudden surge in patients needing critical medical care will overwhelm our hospitals. **Social distancing helps keep the number of people who are sick at one time as low as possible.**

Over the weekend, people flocked to beaches and parks ignoring state and county public health orders against social gatherings. **We need your cooperation.**

**Violating the public health order is a misdemeanor.** It is punishable by up to six months in jail or a $1,000 fine or both.

The San Diego County Sheriff's Department and police departments in your communities have the authority to enforce the law, but **education is our primary goal.**

**We expect everyone to do their part and voluntarily comply with the public health order.**

First responders, healthcare workers and those who work in the sanitation, transportation and food industries are at the forefront of this pandemic. They are soldiering on, away from the comfort of their homes, to continue to provide you with essential services.

#HelpUsHelpYou

For COVID-19 updates please follow: www.coronavirus-sd.com or text "COSD COVID19" to 468-311