Social Distancing. Are you sure you know what this means to you today? I think we’ve all heard that we need to stay six feet away from people but is that enough?

Dr. Maria Ciminelli, the president of the New Jersey Academy of Family Physicians and director of the CentraState Family Medicine Residency Program, said guidelines for people to remain six feet apart are meant only for those essential trips outside the home. Any extended, unnecessary contact with people, even six feet apart, violates the spirit of the precautions.

“If you’re going to practice intense social distancing, it really means avoiding or limiting contact with people outside of your family, and really staying home most of the time, unless you really need to go out,” Ciminelli said. “But any prolonged kind of engagement outside is really still not social distancing, having that prolonged contact with people that are not in your family.”

Ciminelli said the six-feet rule is for when people need to leave their homes for essential reasons, such as running to the store for groceries, or going on a run or walk for the good of physical and mental health.

While you are at home today, don’t forget our Spirit Week challenge for Monday: Send in your picture of your favorite Cohasset gear!