

# NEWS BRIEF

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## President Trump Extends Federal Social Distancing Guidelines Through April 30

On Sunday, March 29, 2020, 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 is included in the guidelines?

In a White House press conference, Trump said that his administration would finalize its guidelines for social distancing by March 31. 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

There are also other ways you can prevent the spread of COVID-19. Guidelines provided by the White House under Trump's "15 Days to Slow the Spread" initiative suggest that the public:

- Listens to and follows state and local guidance and directions
- Stays home if they feel sick
- Keeps sick children at home
- Quarantines the household if one person has tested positive for COVID-19
- Stays home and away from others if they're an older American or have an underlying health condition

*"Nothing would be worse than declaring victory before the victory is won. The better you do, the faster this whole nightmare will end."*

- *President Trump*

### What's next?

Trump implored the public to follow social distancing guidelines to stop and slow the spread of COVID-19. He noted that the better people follow these guidelines, the sooner the pandemic will be contained and life can go back to normal.

We will continue to monitor the situation and provide updates as necessary. The public should continue practicing social distancing and [prevention tips](#) as provided by the Centers for Disease Control and Prevention.

