



SOCIAL DISTANCING

What does it mean?

To reduce the spread of COVID-19, we must limit close contact between people. Social distancing means you should stay at least 6 feet away from others. If you stay home with your family and limit contact with other people, the virus has fewer chances to spread.

If we are successful, we can slow the spread of the virus and hospitals will be able to care for patients. If we don't slow the spread, too many people will get sick at the same time and hospitals won't be able to take care of them all at once. Below are some ways you can keep a social distance while staying healthy.



AVOID

- Playdates
- Sleepovers
- Gyms
- Church services
- House parties
- Museums
- Libraries
- Sporting events
- Weddings
- Travel

USE CAUTION

- Grocery stores
- Take-out food
- Pharmacies
- Public transportation
- Help a neighbor (pick up food or medications for them, but drop off at their door)

SAFE TO DO

- Take a walk
- Watch a movie or TV show
- Read a book
- Play video games
- Listen to music
- Create art projects
- Play board games
- Play in your yard
- Video chat
- Take online classes
- Learn to cook or sew
- Clean your house
- Listen to podcasts
- Call a friend

If you do leave your home, please remember to wash your hands frequently; use hand sanitizer if soap and water are unavailable; keep hands off of your eyes, nose and mouth; and wipe down countertops, doorknobs, sinks and other hard surfaces with a disinfectant spray.