

A GUIDE TO Social Distancing

SOCIAL DISTANCING IS A WAY TO SLOW DOWN OR STOP THE SPREAD OF INFECTIOUS DISEASES BY LIMITING CONTACT BETWEEN YOU AND OTHER PEOPLE.



AVOID THE FOLLOWING WHILE SOCIAL DISTANCING:

- Group gatherings & playdates
- Sleepovers
- Concerts and theatre outings
- Stadium events
- Crowded stores & malls
- Gyms
- Visitors and non-essential workers in your homes
- Public transport



LIMIT THESE ACTIONS:

- Restaurant visits (yes, even getting takeout)
- Grocery store and pharmacy visits
- Going to the library
- Traveling



SAFE SOCIAL DISTANCING:

- Taking a walk or hike
- Go for a drive
- Yard work and playing in the yard
- Spring cleaning
- Read, watch TV series, or listen to music
- Family game nights
- Group video chats
- Call to check on your friends and elderly neighbors



REMEMBER: WASH YOUR HANDS REGULARLY WITH SOAP AND WATER FOR AT LEAST 20 SECONDS AND AVOID TOUCHING YOUR FACE.

Help **spread the word** on social distancing - **NOT the coronavirus** (COVID-19).

