

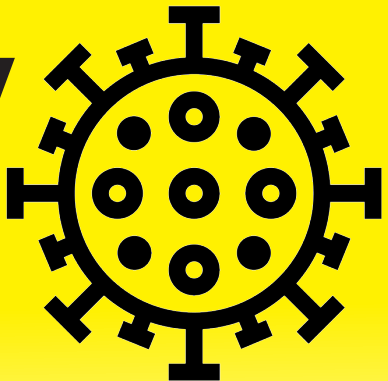
SOCIAL DISTANCING

What does it mean?

Social distancing is the practice of reducing close contact between people to slow the spread of infections or disease.

Social distancing measures include limiting large groups of people coming together, closing buildings, and cancelling events.

AVOID



- Group gatherings
- Sleepovers
- Playdates
- Concerts
- Theatre outings
- Athletic events
- Traveling
- Crowded retail stores

- Malls
- Workouts in gyms
- Church services
- Visitors in your house
- Mass transit systems



KEEP YOUR DISTANCE

- Visit a local restaurant for take-out
- Shop for groceries
- Pick up medications
- Walk in the park



SAFE TO DO

- Take a walk
- Go for a hike
- Yard work
- Clean your house

- Go for a drive
- Group video chats
- Stream a favorite show
- Read or listen to music