SOCIAL DISTANCING
What does it mean?

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

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

AVOID

Group gatherings
Sleepovers
Playdates
Concerts
Theater outings
Traveling
Athletic events
Crowded retail stores
Malls
Workouts in gyms
Church Services
Visitors in your house
Non-essential workers in your house
Mass transit systems

KEEP YOUR DISTANCE

Visit a local restaurant to get take out
Visit grocery store
Pick up medications
Play tennis in a park

SAFE TO DO

Take a walk
Go for a hike
Yard work
Play in your yard
Clean out a closet
Read a good book
Listen to music
Cook a meal
Family game night
Go for a drive
Stream a favorite show
Call or email a friend or elderly neighbor to check in
Group video chats