

# 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

Keep at least 6' - 8' between yourself and others



### 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

