

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 cancelling events.



AVOID

- Group Gatherings
- Sleep Overs
- Playdates
- Concerts
- Theater Outings
- Athletic Events
- Crowded Retail Stores
- Malls
- Workouts in Gyms
- Visitors in Your House
- Non-essential Workers in Your House
- Mass Transit Systems

USE CAUTION

- Visiting a Local Restaurant
- Visit Grocery Store
- Get Take Out
- Pick Up Medications
- Play Tennis in a Park
- Visiting the Library
- Church Services
- Traveling

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
- Group Video Chats
- Stream a Favorite Show
- Check on a Friend
- Check on Elderly Neighbor