

Social Distancing - What does it mean?

Social Distancing is reducing close contact between people to slow the spread of infectious disease.



**Stop meeting
In groups!**

- House parties
- Outdoor parties
- Beach crowds
- Mingling with friends
- Public gatherings
- Playdates
- Celebrations
- Playgrounds
- Non-essential travel
- Malls
- Church services
- Sleepovers
- Group Hangouts
- Bars, Restaurants, Gyms



**If you have no symptoms
and need to go out,
stay 6 feet apart from others.**

- Grocery shopping
- Picking up medicine
- Walking in a public area for exercise
- Transportation to a job
- Take out food/food delivery

When dropping off essential supplies for others, leave at the door and wash your hands before handling and when you return home.



**Stay at home. Do these things
with your household members
or alone.**

- Play in your yard
- Yard work, gardening
- Talk to friends online
- Work from home
- Take a class online
- Cook or bake
- Read, watch TV or movies, listen to music
- Paint
- Play video games
- Clean out your closet

Keep space between you and others. Wash your hands frequently. Wipe down packages and common surfaces.

The sooner we start following the guidelines, the sooner we can get back to normal.