

# SOCIAL DISTANCING:

## What does it mean?

Social distancing means reducing close contact between people to slow the spread of infectious diseases.

Slowing the spread of the virus will help our hospitals be able to care for patients. If too many people get sick at once they might not be able to care for everyone who needs help.



AVOID	USE CAUTION / LIMIT	SAFE TO DO	
<ul style="list-style-type: none"> <li>Playdates</li> <li>Playgrounds</li> <li>House Parties</li> <li>Bars</li> <li>Non-essential travel</li> <li>Museums, Arcades, Malls</li> <li>Church Services</li> <li>Sleep Overs</li> <li>Concerts, Sporting Events, Theater</li> <li>Gyms</li> <li>Group Hangouts</li> <li>Weddings</li> </ul>	<p>if have no symptoms; wash hands or use hand sanitizer after, keep at least 6 feet between others;</p> <ul style="list-style-type: none"> <li>Grocery Stores</li> <li>Take Out Food</li> <li>Pick Up Medications</li> <li>Contact a Neighbor, Friend or Relative to ask if you can drop off groceries or medication at door</li> </ul>	<p>keep at least 6 feet from others, wipe down plastics and wash hands after touching packaging</p> <ul style="list-style-type: none"> <li>Read a Book</li> <li>Play Video Games</li> <li>Listen to Music</li> <li>Game Night</li> <li>Yard Work</li> <li>Play in your yard*</li> <li>Take a Class Online</li> <li>Watch TV or Movie (at home)</li> </ul>	<ul style="list-style-type: none"> <li>Video Chat</li> <li>Paint</li> <li>Cook</li> <li>Be Creative</li> <li>Go for a Hike*</li> <li>Take a Walk*</li> <li>Virtual Tour a Museum</li> <li>Offer Your Skills to Others Electronically</li> </ul>

\* Do these things alone or with members of your household