



# COVID-19

## 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 groups of people coming together, closing buildings or canceling events.

### AVOID

- Group Gatherings
- Sleep Overs
- Playdates
- Concerts
- Theater Outings
- Church Services
- Athletic Events
- Crowded Retail Stores
- Malls
- Workouts in Gyms
- Visitors in Your Home
- Non-essential Workers in Your Home



### USE CAUTION

- Mass Transit Systems
- Visiting a Grocery Store
- Getting Take Out
- Picking Up Medications
- Playing Tennis in a Park
- Visiting the Library



### SAFE TO DO

- Take a Walk
- Go for a Hike
- Yard Work
- Playing in Your Yard
- Cleaning Out a Closet
- Reading a Good Book
- Listening to Music
- Cooking a Meal
- Family Game Night
- Going for a Drive
- Stream a Favorite Show
- Check on a Friend
- Check on Elderly Neighbor

