

Coronavirus Disease (COVID-19)

Social Distancing: What is it?

Social distancing is the practice of reducing close contact between people to slow the spread of infections or diseases. Measures include limiting large groups of people coming together, closing buildings and canceling events.



Avoid

- Group gatherings
- Sleepovers
- Indoor & outdoor playdates
- Concerts
- Theaters
- Athletic events
- Crowded retail stores
- Malls
- Gyms
- Visitors and non-essential workers in your home
- Mass transit systems



Caution

- Grocery shopping
- Take out from a restaurant
- Medication pick up (consider the drive-thru or mail delivery)
- Traveling



OK

- Contact with healthy people living in your house
 - Taking a walk
 - Hiking
 - Yard work
 - Playing in your yard
 - Cleaning out a closet
 - Reading
 - Listening to music
 - Cooking
 - Family game night
 - Going for a drive
 - Group video chats
 - Stream a favorite show
 - Checking on a friend or elderly neighbor
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