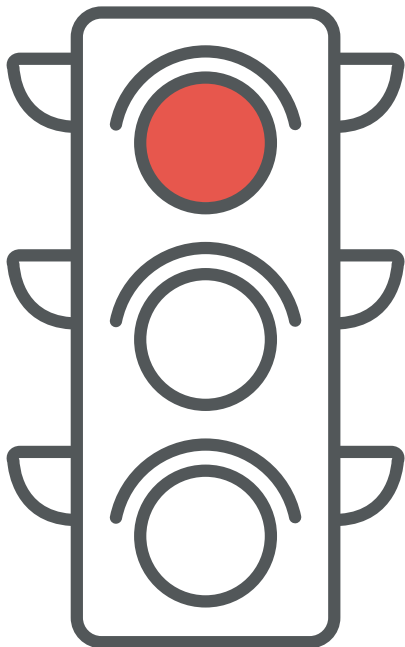


SOCIAL DISTANCING

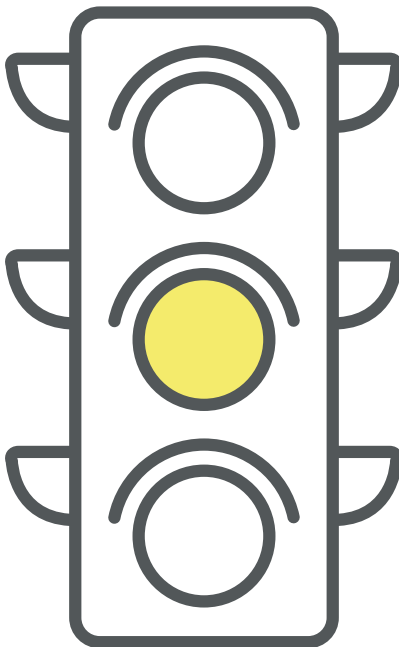
What does it mean?

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.



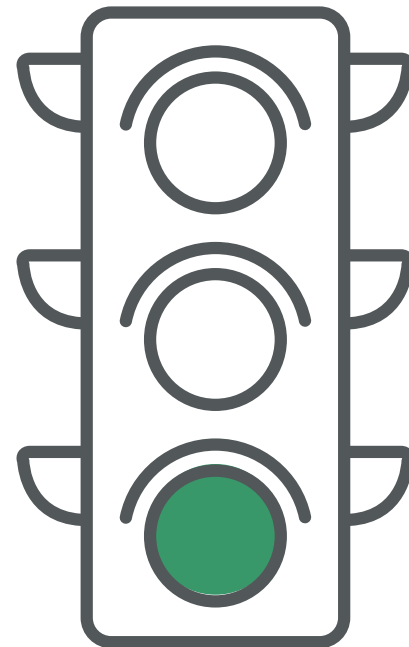
AVOID

- Group Gatherings
- Sleep Overs
- Play dates
- Concerts
- Theatre Outings
- Athletic Events
- Crowded Retail Stores
- Malls
- Workouts in the Gym
- Visitors in your House
- Non-Essential Workers in your House
- Mass Transit Systems



USE CAUTION

- Visit Grocery Store
- Get Take Out
- Pick Up Medication
- 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 TV Show
- Check on a Friend
- Check on Elderly Neighbor