

Social Distancing - What is it?

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



AVOID

- Group Gatherings/Parties (10 People+)
- Play-Dates
- Concerts
- Athletic Events
- Theater Outings
- Non-Essential Travel
- Bars and Restaurants (Eat-In)



USE CAUTION

- Visiting a Grocery Store
- Playing Tennis in a Park
- Picking up Medication
- Picking Up Food/Have Food Delivered
- Essential Travel
- Visitors in Your Home
- Public Transit



SAFE TO DO

- Outdoor Walk/Hike
- Read a Book
- Listen to Music
- Go for a Drive
- Group Video Chats
- Stream a Favorite Show
- Cook a Meal
- Call or Text a Friend
- Call or Text an Elderly Neighbor