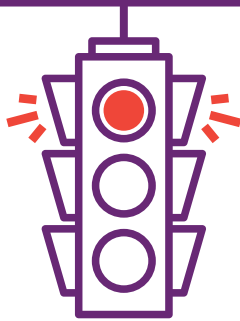


# Social distancing: What does it mean?

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 schools and canceling events.



## AVOID

- Group gatherings
- Sleep overs
- Playdates
- Concerts
- Theatre outings
- Athletic events
- Crowded retail stores
- Malls
- Workouts in gyms
- Visitors in your house
- Non-essential workers in your house
- Mass transit systems



## USE CAUTION

- Visit a local restaurant
- Visit grocery store
- Get take out
- Pick up medications
- 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 favorite show
- Call to check on a friend
- Call to check on an elderly neighbor