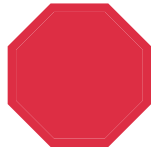


Social Distancing

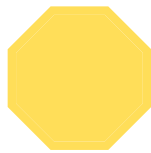
What does it mean?

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 canceling events.



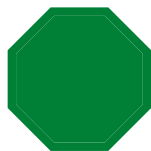
AVOID

- Group gatherings
- Sleep overs
- Play dates
- Concerts
- Theatre outings
- Athletic events
- Crowded retail stores
- Malls
- Workouts in gym
- Visitors at your house
- Non-essential workers in your house
- Mass Transit Systems



USE CAUTION

- Visiting a local restaurant
- Visiting grocery stores
- Getting take out
- Picking up medications
- Playing 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
- Go for a drive
- Group video chats
- Stream a favorite show
- Check on a friend or elderly neighbor
- In-home activities such as reading a book, listening to music or cooking a meal