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.

Source: Physicians for Social Responsibility

AVOID...

Group Gatherings
Sleep Overs
Playdates
Concerts
Theater Outings
Sporting Events
Crowded Retail Stores and Malls
Workouts in Gyms
Visitors in Your Home
Non-essential Workers in Your Home
Mass Transit Systems

USE CAUTION WHEN...

Eating at Restaurants
Visiting Grocery Stores
Getting Take Out
Picking Up Medications
Playing Non-Contact Sports Outdoors
Visiting the Libary
Attending Church Services
Traveling

OK TO ...

Take a Walk or Go for a Hike
Order Take Out
Do Yard Work
Play in Your Yard
Clean Out A Closet
Read a Good Book
Listen to Music
Cook a Meal
Enjoy Family Game or Movie Night
Go for a Drive
Stay in Contact Via Video Chats
Check on a Friend or Elderly Neighbor