

What is Social Distancing?

Social distancing is the practice of reducing close contact between people to slow the spread of infections or diseases.



AVOID

- Going out to Eat
- Going to the Movies
- Group Gatherings
- Shopping Centers
- Sleepovers/Play Dates
- Sporting Events
- Concerts/Theaters
- Public Gyms
- Visiting the Library



USE CAUTION

- Food Take-out / Delivery
- Picking up Medications
- Grocery Shopping
- Traveling
- Interacting with coworkers



SAFE TO DO

- Checking on Elderly
- Cooking
- Family Game Night
- Listening to Music
- Streaming a Show
- Video Chats
- Walking your Dog
- Yard Work