

Social Distancing

CORONAVIRUS DISEASE 2019

(COVID-19)



Social distancing means putting space between yourself and others.



cdc.gov/COVID19

Everyone has a role to play to reduce and slow transmission of COVID-19. Social distancing is one way to prevent the spread of COVID-19. This means avoiding crowded places and maintaining distance from others

SOCIAL DISTANCING

What does it mean?

Social distancing is the practice of reducing 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
- Sleepovers
- Playdates
- Concerts
- Theater outings
- Traveling
- Athletic events
- Crowded retail stores
- Malls
- Workouts in gyms
- Church Services
- Visitors in your house
- Non-essential workers in your house
- Mass transit systems

KEEP YOUR DISTANCE

- Visit a local restaurant to get take out
- Visit grocery store
- Pick up medications
- Play tennis in a park

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
- Stream a favorite show
- Call or email a friend or elderly neighbor to check in
- Group video chats



Keep at least 6' - 8' between yourself and others

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