

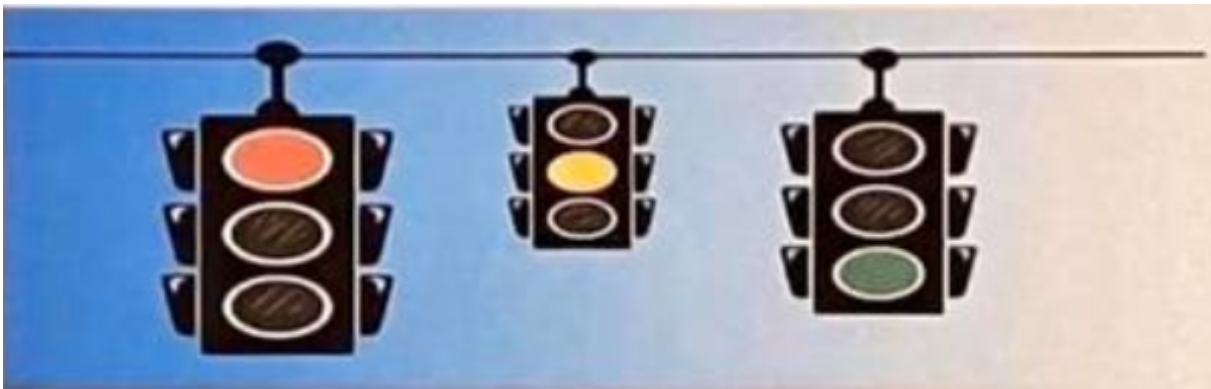
#HighRiskCovid19

Help protect the vulnerable by practicing social distancing

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.



AVOID

Group Gatherings
 Sleep Overs
 Play Dates
 Concerts
 Theater Outings
 Athletic Events
 Crowded Retail Stores
 Malls
 Workouts in Gyms
 Visitors in your House
 Nonessential Workers in your House
 Mass Transit Systems

Use Caution

Visit a Local Restaurant
 Visit a Grocery Store
 Get Take Out
 Pick Up Medications
 Play Tennis in a Park
 Visit 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
 Check on a Friend
 Check on an Elderly Neighbor