

SOCIAL DISTANCING

Avoiding direct contact with people or objects in public places during an outbreak of contagious disease

AVOID

- Bars & restaurants
- Concerts
- Group gatherings
- Visiting elderly relatives
- Crowded retail stores
- Traveling
- Going to the gym
- Athletic events
- Theater outings
- Church services

WATCH OUT

Keep 6 to 8 feet of distance

- Going to the grocery store
- Getting takeout or food delivery
- Picking up medication
- Playing sports in the park

SAFE TO DO

- Game night
- Go for a walk
- Read a book
- Yard work
- Video chat
- Clean house
- Cook a meal
- Go for a drive
- Virtual museums
- Stream TV
- Listen to music
- Call family member