

SOCIAL DISTANCING GUIDELINES

WHAT IS SOCIAL DISTANCING?

Social distancing means reducing close contact between people. The way to accomplish social distancing starts with limiting large groups of people coming together by closing events, buildings, services, stores—any place that people routinely gather.



DON'TS

These are the situations you and your family should cancel, postpone, stay away from, and otherwise avoid until further notice.

- ⊘ Crowded stores
- ⊘ Group gatherings
- ⊘ Visitors in your home
- ⊘ Non-essential workers in your home
- ⊘ Mass transit systems
- ⊘ Workouts in gyms
- ⊘ Sporting events
- ⊘ Concerts
- ⊘ Theaters
- ⊘ Playdates
- ⊘ Sleepovers

USE CAUTION

Caution includes keeping space of a least six feet (6 ft.) between you and non-family in these situations. Carry sanitizing wipes and use them—to clean your credit card if handed to a machine or another person; to clean your hands after touching any surfaces in these places. Wash your hands with soap and water as often as possible.

- ⚠ Traveling
- ⚠ Restaurant visits
- ⚠ Grocery stores
- ⚠ Getting take-out
- ⚠ Pick up medications
- ⚠ Play in the park
- ⚠ Visit the library
- ⚠ Church services

SAFE TO DO

While you are most likely safe to participate in the following, make sure you continue to practice good hygiene as outlined above.

- 👍 Take a walk
- 👍 Check on an elderly neighbor
- 👍 Go for a hike
- 👍 Stream your favorite shows
- 👍 Play in the yard
- 👍 Organize storage areas
- 👍 Read a good book
- 👍 Cook a meal
- 👍 Family fun time
- 👍 Facetime with grandkids
- 👍 Go for a drive
- 👍 Listen to music
- 👍 Yardwork
- 👍 Take an online class