

# Social Distancing - What does it mean?

Social Distancing is reducing close contact between people to slow the spread of infectious disease.



**Stop meeting  
in groups!**

- House parties
- Outdoor parties
- Beach crowds
- Mingling with friends
- Public gatherings
- Playdates
- Celebrations
- Playgrounds
- Non-essential travel
- Malls
- Church services
- Sleepovers
- Group Hangouts
- Bars, Restaurants, Gyms



**If you have no symptoms and need to go out, stay 6 feet apart from others.**

- Grocery shopping
- Picking up medicine
- Walking in a public area for exercise
- Transportation to a job
- Take out food/food delivery

When dropping off essential supplies for others, leave at the door and wash your hands before handling and when you return home.



**Stay at home. Do these things with your household members or alone**

- Play in your yard
- Yard work, gardening
- Talk to friends online
- Work from home
- Take a class online
- Cook or bake
- Read, watch TV or movies, listen to music
- Paint
- Play video games
- Clean out your closet

Keep space between you and others. Wash your hands frequently. Wipe down packages and common surfaces.

*The sooner we start following the guidelines, the sooner we can get back to normal.*