

# SOCIAL DISTANCING:

## What does it mean?

Social distancing means reducing close contact between people to slow the spread of infectious diseases.

Slowing the spread of the virus will help our hospitals be able to care for patients. If too many people get sick at once they might not be able to care for everyone who needs help.



### AVOID

### USE CAUTION / LIMIT

### SAFE TO DO

wash hands or use hand sanitizer after, keep space from others

keep space from others, wipe down plastics and wash hands after touching packaging

Playdates

Playgrounds

House Parties

Bars

Non-essential travel

Museums, Arcades,  
Malls

Church Services

Sleep Overs

Concerts, Sporting  
Events, Theater

Gyms

Group Hangouts

Weddings

Grocery Stores

Take Out Food

Pick Up Medications

Contact a Neighbor,  
Friend or Relative to  
ask if you can drop off  
groceries/medication  
at door?

Watch TV  
or Movie  
(at home)

Read a Book

Play Video  
Games

Listen to Music

Game Night

Yard Work

Take a Walk\*

Go for a Hike\*

Play in your  
yard\*

Video Chat

Take a Class  
Online

Virtual Tour a  
Museum

Paint

Cook

Offer Your Skills  
to Others  
Electronically

Be Creative

\* Do these things alone or with members of your household