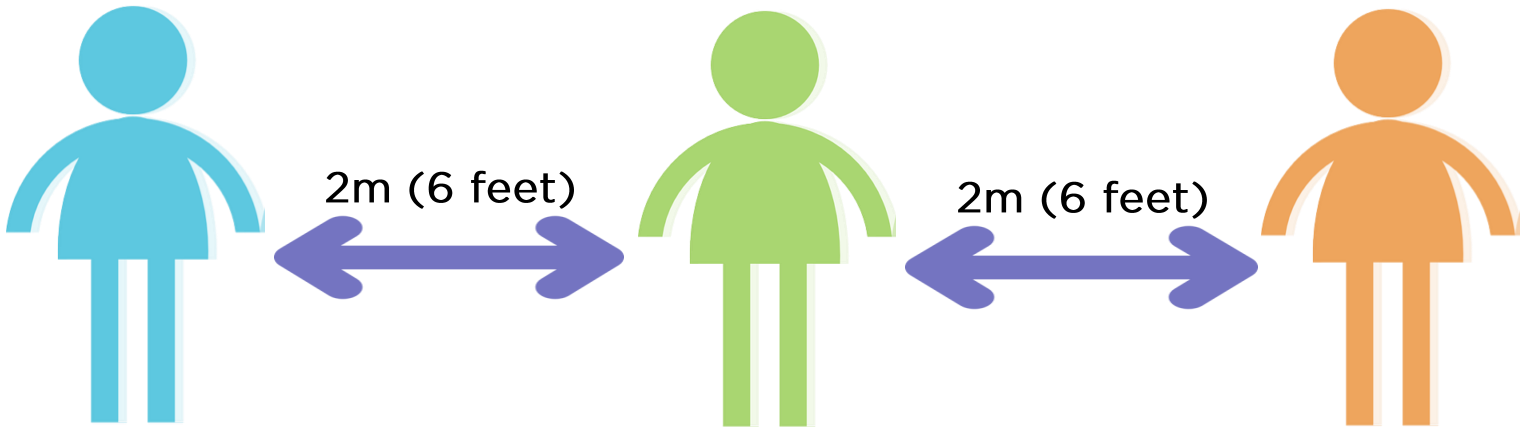


# SOCIAL DISTANCING

## What does it mean??


In order to decrease transmission of COVID-19 it is recommended that all individuals practice social distancing. Social distancing involves taking steps to limit the number of people you come into close contact with. This will help to limit the spread of COVID-19 in the community.

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.



Please keep at least 2 meters (6') in distance

This reduces the risk of transmission and will assist in keeping everyone safe

<b>AVOID</b>	<b>USE CAUTION/ LIMIT</b> Wash hands or use hand sanitizer after, keep space from others	<b>SAFE TO DO</b> Keep space from others, wipe down plastics and wash hands after touching items
Playdates Playgrounds House Parties Bars & Restaurants Non-essential travel Museums, Arcades, Malls Church Services Sleep Overs Concerts, Sporting Events, Theater Gyms Group Hangouts Weddings	Grocery Stores Pharmacies Take Out Food Contact a Neighbor, Friend or Relative to ask if you can drop off groceries/medications at the door 	Watch TV or Movie (at home) Read a book/Play Video Games Listen to Music Game Night Take a Walk Play/work in your yard Video Chat Take a class online Paint Cook Offer your skills to others electronically Be creative <i>*Do these things alone or with members of your household*</i>