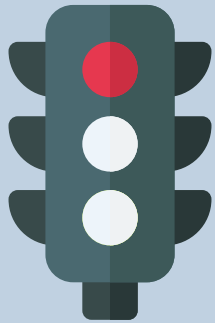


# Social Distancing: What Does It Mean?

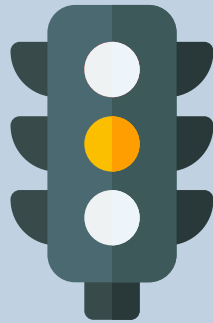
Social distancing means reducing close contact between people to slow the spread of infectious diseases.

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



## Avoid

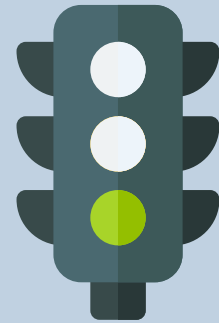
Playdates  
Playgrounds  
House Parties  
Bars  
Non-essential Travel  
Museums, Arcades, Malls  
Church Services  
Sleep Overs  
Concerts, Sporting Events,  
Theater  
Gyms  
Group Hangouts  
Weddings



## Use Caution / Limit

*Wash hands or use hand sanitizer  
after, keep space from others*

Grocery Stores  
Take Out Food  
Contact a Neighbor, Friend or  
Relative to ask if you can drop-  
off groceries/medication at door



## Safe to Do

Watch TV or Movie (at home)  
Read a Book  
Play Video Games  
Listen to Music  
Game Night  
Yard Work  
Take a Walk or Hike \*  
Play in Your Yard \*  
Video Chat  
Take an Online Class  
Virtual Tour a Museum  
Paint  
Cook  
Offer Your Skills to Others  
Electronically  
Be Creative

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