

# Social Distancing

## COVID-19 & MINIMIZING RISK

When possible, keep 6 feet between you and others when you are out.

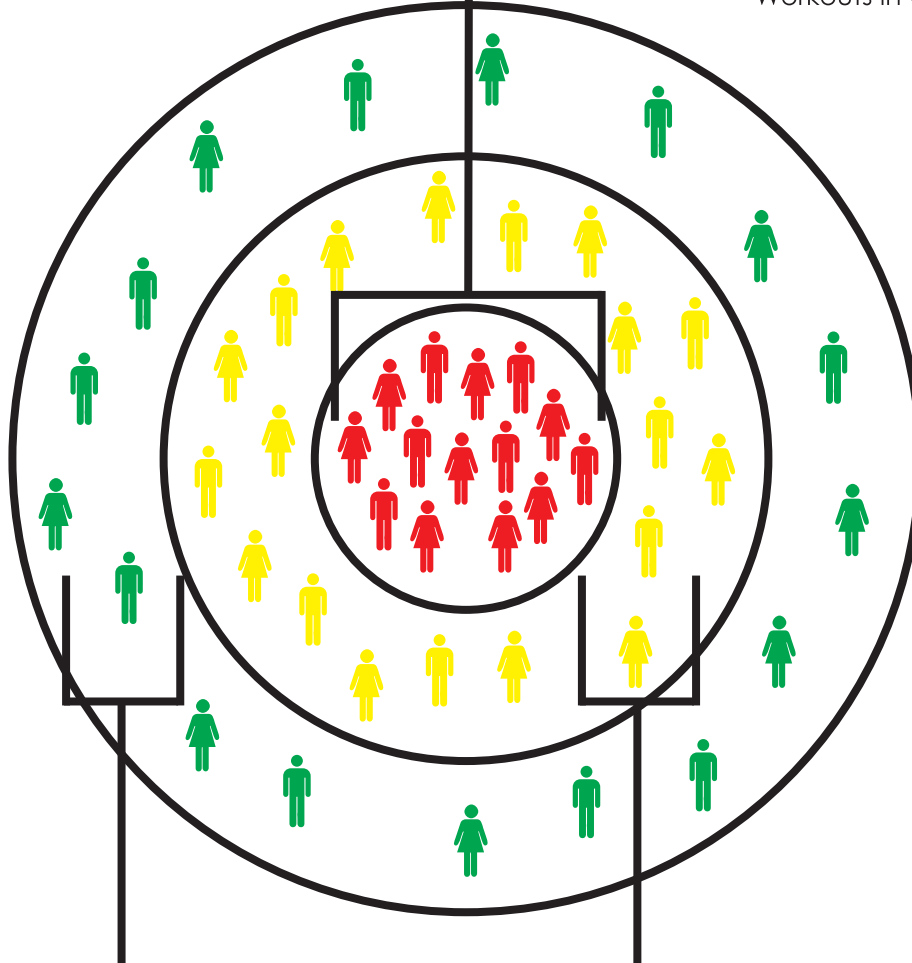
Social distancing is an effective tool for preventing the spread of disease. It can include large-scale measures like canceling group events or closing public spaces, as well as personal decisions such as avoiding crowds.

### AVOID

Group gatherings  
Sleep Overs  
Playdates  
Concerts

Theatre Outings  
Athletic Events  
Crowded Stores  
Malls  
Workouts in Gyms

Visitors in Your House  
Non-Essential Workers in Your House  
Mass Transit Systems



### SAFE

Take a Walk  
Go for a Hike  
Yard Work  
Play in Your Yard  
Clean Your Home  
Read a Good Book

Listen to Music  
Cook a Meal  
Family Game Night  
Go for a Drive  
Group Video Chat  
Stream a movie

### USE CAUTION

Visit Local Restaurant  
Visit Grocery Store  
Get Take Out

Pick Up Medications  
Play Solo Sports (like Golf)  
Travel

People who have more than 30 minutes of contact within 6 feet of an infected individual are most at risk of transmission.