

What You Need To Know About COVID-19

SOCIAL DISTANCING

What does it mean and why is it important? Social Distancing is the practice of reducing close contact between people to slow the spread of infections or diseases. Social Distancing measures include limiting large groups of people coming together, closing buildings and canceling events.



AVOID

- GROUP GATHERINGS
- SLEEP OVERS
- PLAY DATES
- CONCERTS
- THEATRE OUTINGS
- ATHLETIC EVENTS
- CROWDED STORES
- MALLS
- BARS & RESTAURANTS
- NON-ESSENTIAL TRAVEL
- NON-ESSENTIAL VISITORS AT HOME
- PLAYGROUNDS



USE CAUTION

- VISITING A GROCERY STORE
- PICKING UP MEDICATIONS
- ESSENTIAL HOME-BASED SERVICES
- ESSENTIAL TRAVEL
- PICK UP & DELIVERY OF FOOD
- MASS TRANSIT



SAFE TO DO

- TAKE A WALK
- GO FOR A HIKE
- YARD WORK
- PLAY IN YOUR YARD
- CLEAN OUT CLOSET
- READ A GOOD BOOK
- LISTEN TO MUSIC
- COOK A MEAL
- FAMILY GAME NIGHT
- GO FOR A DRIVE
- GROUP VIDEO CHATS
- STREAM A SHOW
- CALL OR TEXT A FRIEND
- CALL OR TEXT AN ELDERLY NEIGHBOR