Social distancing is a term that epidemiologists are using to refer to a conscious effort to reduce close contact between and hopefully slow down the community transmission of the virus.

**WHAT IS SOCIAL DISTANCING?**

6 feet distance from others and avoiding close contact

**AVOID**

- Large Events & Gatherings
- Gym
- Nonessential Health Visits
- Travel

**SAFE TO DO**

- Walk or Hike
- Clean the House & Yard
- Go For A Drive
- Video Chat
- Watch Movies, Shows & Read

**STOP THE SPREAD OF COVID-19**

If you must go out, use caution and keep your distance

Wash your hands for at least 20 seconds

District of Columbia Hospital Association
dcha.org/quality-safety/coronavirus