

# WHAT IS SOCIAL DISTANCING?



**3 to 6 feet distance from others and avoiding close contact**

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.

## AVOID



Large Events & Gatherings



Gym



Nonessential  
Health Visits



Travel



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

**STOP THE  
SPREAD OF  
COVID-19**

Wash your hands for  
at least 20 seconds



## SAFE TO DO



Walk or Hike



Clean the  
House & Yard



Go For A Drive



Video Chat



Watch Movies,  
Shows & Read