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.

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

AVOID

Large Events & Gatherings  Gym  Nonessential Health Visits  Travel

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