

How to Practice **SOCIAL DISTANCING**

Practicing social distancing can help slow the spread of the Coronavirus and keep high-risk populations safe.



Physical Distancing

Keep Your Distance – At least 6' Apart
No Handshakes or Hugs



Reduce Unnecessary Trips

Avoid Crowds
Limit Trips to the Grocery Store
Stay at Home
Work Remotely



Practice Good Hygiene

Wash Your Hands with Soap & Water
for 20 Seconds

Use Hand Sanitizer Frequently

Cover Coughs & Sneezes with
Disposable Tissue or Into Sleeve/Elbow

Regularly Clean High-Touch Surfaces



Exercise

Take a Walk
Ride a Bike
Garden
Walk Your Pets
