

# Social distancing

## What you can do

Everyone should practice social distancing right now.

Social distancing means to stay away from other people as much as you can. Social distancing is important because it slows the spread of COVID-19. Avoiding crowds protects you and your family.

Try to stay at least 6 feet away from other people. You should not be with groups of more than 10 people. Stay home as much as possible. With very few exceptions, cancel all get-togethers.

If you need to go somewhere or be around groups of people, wash your hands with soap and water as soon as you can. If soap and water are not available, you can use hand sanitizer.

If you are older than 60 or have other health problems, stay home and away from other people.

Stay calm, be kind and stay connected.

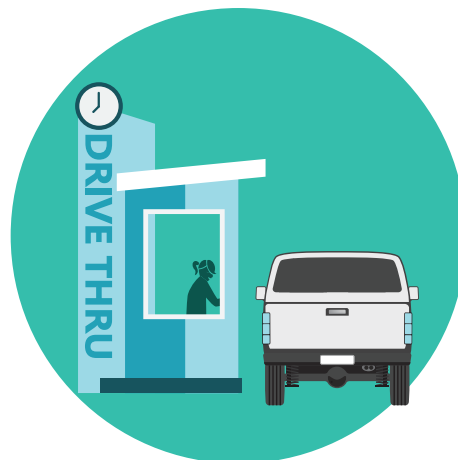


## It's okay to go outside.

Go on walks, bike rides, and get outdoors with your family. Do not gather in groups at parks or public places.

## It's okay to eat food from restaurants.

Order take-out, get curbside pick-up, and use drive-thrus. You will not be able to eat inside a restaurant at this time.





### Be careful what you touch.

Try to stay 6 feet away from other people. Try not to use cash to pay for things. Use a credit card or pay online. Wash your hands after touching things that other people touch.

### Tips for grocery shopping:

Go grocery shopping at times when there are less people in the store. Try to go by yourself. Wash your hands with soap and water as soon as you can. Order your groceries online and have them delivered or get a pickup order.

Do not touch your face, mouth, nose, or eyes while you are in the store. Try not to take your children or older family members to the grocery store.



### Keep older people safe:

Make and send care packages to loved ones. Stay connected with daily calls, video chats, and emails. Help your older loved ones by going to the grocery store for them or helping them get groceries delivered to their home.

Do not bring children or anyone who is sick close to people older than 60 because it puts them at risk for getting severe illness.