Slow the Spread of Coronavirus

**Ideas to help you with Social Distancing**

- Stay home as much as possible.
- Keep at least 6 feet distance from any people you do not live with.
- Work from home if you can.
- Take a walk with the people you live with.
- Give other shoppers and clerks at least 6 feet of space when you are at any store.
- Wave to anyone— from 6 feet way.
- Stay in touch with friends and loved ones by using your phone, tablet, computer, letters, and cards.
- Call your doctor for health concerns, they may be able to help you over the phone.
- Order food for pick up or use a drive-thru.

**How to protect yourself**

- Do not gather in groups. (If a group is necessary limit it to no more than 10 people - remember the 6 feet rule.)
- Do not shake hands or give hugs to greet people.
- Do not get close to any people who are sick.
- Do not visit or host people who do not live with you. This includes family.
- Do not host meetings at your office.
- Do not play contact sports (like basketball, soccer, football).
- Do not go out to concerts, movies, or plays.
- Do not visit people in other towns.
- Do not get your food to stay at restaurants or bars.