

Slow the Spread of Coronavirus



Ideas to help you with Social Distancing

Do

- ✓ 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

- ✗ 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.



NO



Bad Idea

