COVID-19

Dos & Don’ts of Social Distancing

AVOID
- Group gatherings
- Sleepovers
- Playdates
- Malls
- Gyms
- Visitors in your home
- Mass transit systems

USE CAUTION
- Visit a grocery store
- Get takeout
- Pick up medications
- Travel

SAFE TO DO
- Take a walk
- Go for a hike
- Yard work
- Clean out a closet
- Read a good book
- Go for a drive
- Check on friends and neighbors