

COVID-19

TIPS ON SOCIAL DISTANCING



Social distancing is a strategy to limit the spread of COVID-19, the disease caused by the coronavirus. This is a conscious effort to reduce contact between people to slow down the spread of the virus.



- **Stay home, rest**
- **Take a walk, play games with family**
- **Call a friend or family member**
- **Use hand sanitizer**
- **Wash hands frequently for 20 seconds**
- **Fist bump instead of shaking hands**
- **Stay at least 6 feet away**



- **Gather with groups of 10 or more**
- **Flu like symptoms, stay home and call your doctor**