

# SOCIAL DISTANCING:

## What does it mean?

Social distancing is the practice of reducing close contact between people to slow the spread of infections or diseases. Social distancing measures include limiting large groups of people coming together, closing buildings, and cancelling events.



- Group gatherings
- Sleepovers
- Playdates
- Crowded retail stores
- Visitors in your house
- Non-essential workers in your house
- Mass transit systems

- Visit a grocery store
- Get take-out
- Pick-up medication
- Play tennis in a park

- Take a walk
- Go for a hike
- Do yard work
- Play in your yard
- Clean out a closet
- Read a book
- Listen to music
- Cook a meal
- Have family game night
- Go for a drive
- Group video chat
- Stream a favorite show
- Call a friend
- Check on an elderly neighbor (call or text)