

# What Does “SOCIAL DISTANCING” Mean?

Social distancing means keeping at least six feet, between you and others.

At work, at the grocery store or waiting in line for take-out, keeping a distance from others can prevent you from becoming infected. If you are young and healthy and aren't worried about getting sick yourself, these measures also help stop the spread to others.

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 schools and canceling events.

Group gatherings  
Sleep overs/Playdates  
Concerts/Athletic events  
Movie theatres  
Visitors/Non-essential workers in your house  
Crowded stores/malls  
Gyms  
Mass transit systems

**AVOID**

Visit a local restaurant  
Visit a grocery store  
Get takeout  
Pick up medications  
Play tennis in a park  
Visit the library  
Church services  
Traveling

**CAUTION**

Take a walk  
Go for a hike/bike ride  
Yard work  
Play in your yard  
Clean out a closet  
Read a book  
Listen to music  
Cook a meal  
Family game night  
Group video chats  
Stream a favorite show  
Call a friend or neighbor

**SAFE**