

# What is social distancing?

Social distancing is the act of deliberately increasing the physical space between people to avoid spreading illness.

Here are some safe practices for social distancing:

## AVOID



- Gatherings larger than 10 people
- Interacting with people age 65+
- Concerts
- Theaters
- Sporting events
- Gyms
- Retail stores and malls
- House guests
- Having non-essential employees at your home (cleaning personnel & maintenance)
- Air and rail transportation

## CAUTION



- Visiting restaurants for take-out orders
- Grocery stores
- Pharmacies
- Public parks
- Religious services

## GO AHEAD



- Take a walk or go on a hike
- Ride your bike
- Yard work and house chores
- Enjoy a good book
- Listen to music, a podcast or an audiobook
- Cook a healthy meal
- Teach yourself how to bake
- Write letters to friends/family
- Practice yoga and/or meditation
- Play board games or cards
- Video chat friends/family
- Watch a movie you haven't seen yet