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 canceling events.

### AVOID
- Group gatherings
- Sleepovers
- Playdates
- Crowded retail stores
- Visitors in your house
- Non-essential workers in your house
- Sharing rides with non-household members

### USE CAUTION
- Visit a grocery store
- Get take-out
- Pick up medications
- Participating in sports
- Take a walk
- Go for a hike
- Yard work
- Play in your yard
- Family game night
- Go for a drive
- Group video chats

### SAFE TO DO
- Clean out a closet
- Read a good book
- Listen to music
- Stream a favorite show
- Call to check on a friend or elderly neighbor
- Cook a meal
- Group video chats