



Social Distancing



Dos and Don'ts

Do:



- **Avoid contact** with others: phone or FaceTime them instead!
- Go to the store **only when needed**
- **Spend time outside.** Go for walks, but keep your space from others
- Stay 6-feet away from people if you need to go out
- **Wash your hands** before and after touching **EVERYTHING!**

Don't:



- Go to other people's houses, **even for small family gatherings**
- Have people over to your house
- Travel or go on vacation: **you may take the virus there, or bring it home.**



COVID-19



How you can help

Your community & family needs your help!

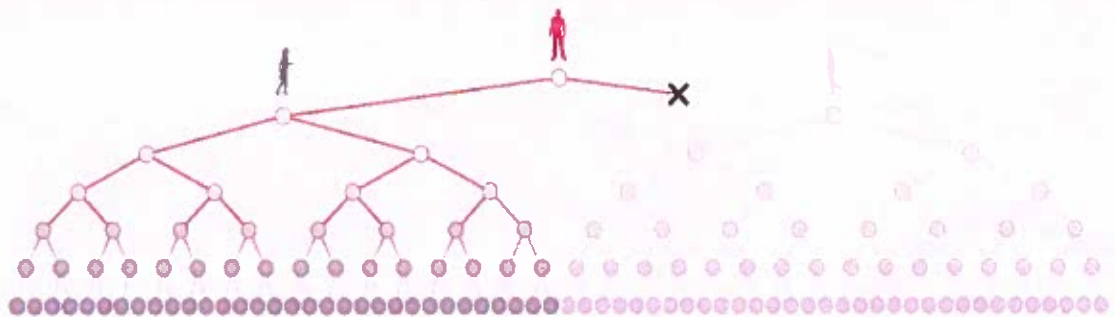
- COVID-19 is a new disease which we have never experienced before.
- We don't have enough tests to know who is infected or not.
- Our hospitals and healthcare systems don't have enough equipment to take care of everyone.
- Our doctors and nurses need our help: we can't all get sick at once.

The best way to help is to not get infected with COVID-19, and to not infect anyone

Did you know:

- Anyone can be infected with COVID-19.
- You may or may not show signs of illness.
- Even if you feel fine, you could infect someone else.
- People of all ages are getting really sick with COVID-19 in the U.S.

On average, a person with COVID-19 infects 2 other people. Avoiding even one social transmission can have a significant impact!



Here's how you can help:

- Avoid contact with others. Stay home unless getting food or medicine.
- Keep yourself healthy: eat, drink water, sleep, and get exercise outdoors (keeping 6 feet of separation!).
- Wash your hands and clean surfaces frequently.