SOCIAL DISTANCING

You can help limit spread of COVID-19 illness and prevent deaths.

Protect yourself and others from getting sick by practicing social distancing. This means staying 6 to 10 feet (2 to 3 meters) away from others in public spaces. But it also means limiting your visits to public spaces.

1. Avoid crowded spaces and social gatherings, particularly if the coronavirus is spreading in your community.

2. Our older parents and grandparents are at greater risk of severe illness from the coronavirus. Help them stay safe at home - deliver groceries to their door! But ask them to wash their hands after handling any deliveries.
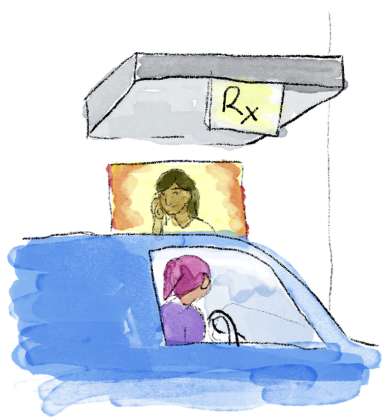
3. Check for drive-thru and delivery services and stores in your area. Visiting a drive-thru pharmacy can protect yourself and others! Have some hand sanitizer ready in your car.

4. Social distancing doesn't have to mean a lack of social support! Have group video chats with friends and family with Skype, Facetime or WhatsApp.

5. Be prepared for remote work, whatever that means for you. "My 3 year old attends every meeting. I come prepared with toys!" Signe Asberg says.

6. Missing community events? Watch church sermons, course lectures, concerts and other events online.

7. Work out at home! Check out yoga videos on Youtube or have a virtual training session with a friend.