

# SOCIAL DISTANCING:

## What does it mean?

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 cancelling events.

THE CENTER FOR DISEASE CONTROL (CDC) SUGGESTS YOU STAY AT LEAST 6 FEET AWAY FROM ANYONE WHO APPEARS SICK TO MINIMIZE THE RISK OF GETTING THE NOVEL CORONAVIRUS.



## SOCIAL DISTANCING: THE DOS AND DON'TS

### AVOID:

- Group Gatherings
- Sleep Overs
- Playdates
- Concerts
- Theatre Outings
- Athletic Events
- Crowded Retail Stores
- Malls
- Workouts in Gyms
- Visitors in your House
- Non-essential Workers in your house
- Mass Transit Systems

### USE CAUTION:

- Visit a local Restaurant
- Visit Grocery Store
- Get Take Out
- Pickup Medications
- Play Tennis in a Park
- Visiting the Library
- Church Services
- Traveling

### SAFE TO DO:

- Take a Walk
- Go for a Hike
- Play in your Yard
- Clean out a closet
- Read a Good Book (try WVU's Campus Read)
- Listen to Country Roads
- Cook a Meal
- Family Game Night
- Go for a Drive
- Group Video Chats
- Stream a favorite show
- Check on a friend or neighbor