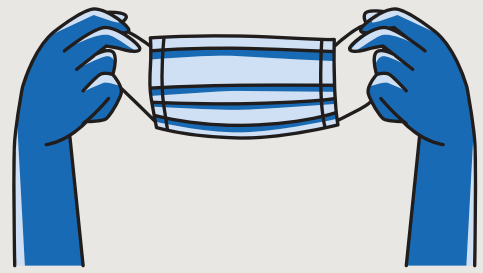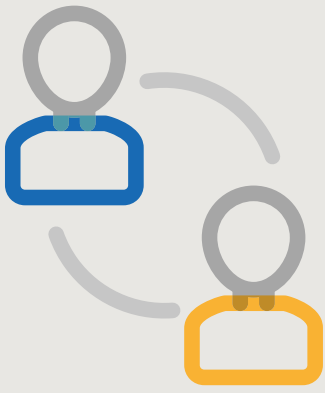# IS IT SAFE TO HUG?

COVID 19 SAFER HUG GUIDE

Get consent to hug.

Make sure the recipient is OK with physical contact and keep hugs to a minimum.

Wear a mask.

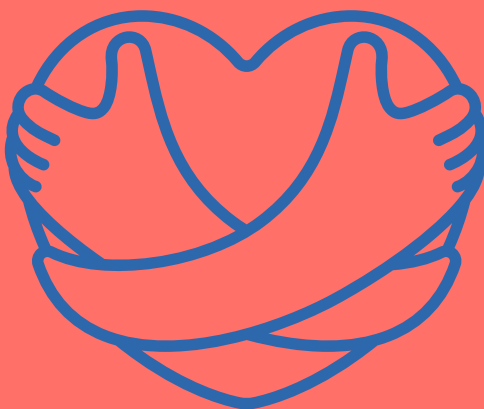Make sure it covers your mouth and nose.

Back 6 feet away and exhale.

Continue to hold your breath as you back away. Yay! You hugged!

Hold your breath and turn your head away.

HUG! But hold your breath and don't talk or even whisper.

Physical touch is an important part of human health. Please use your own discretion to decide if it is safe for you.

Adapted from:

How Dangerous Is Hugging During COVID?
https://blogs.webmd.com/public-health/20200831/how-dangerous-is-hugging-during-covid19?ecd=wnl_gdh_090320