

What is social distancing?

Social distancing is staying away from crowds or congregations of 10 or more people with the intent of minimizing transmission of infectious disease outbreaks. This could include but is not limited to attending concerts, sporting events, religious gatherings, going to movie theaters or using public transportation such as buses and subways for travel.



People should maintain **six feet** of distance between each other to help mitigate the spread of COVID-19.

TIPS FOR FAMILY & KIDS

- Talk to your kids about what is social distancing and walk them around the house and point out fingerprints which may help them understand that each point of contact is an opportunity for transmission.
- Encourage family and friends to create a plan for their elderly relatives, parents or grandparents if they're accepting and to inform them of the high risk and concerns about COVID-19.
- Cancel current travel plans and trips.

SOCIAL DISTANCING DON'TS

- ❌ Play dates for your children
- ❌ Meeting small groups for dinner or drinks
- ❌ Non-essential doctors appointments – dental and therapies
- ❌ Hair and nail appointments
- ❌ Non-essential help around the house (cleaning, cooking)

SOCIAL DISTANCING DO'S

- ✅ Facetime your friends and family often
- ✅ Keep a daily routine
- ✅ Participate in activities, but remotely, such as virtual workout classes, book clubs or streaming activity options for your kids
- ✅ Continue to pay your household staff such as a housekeeper or dog walker even though they will no longer come to your house – this will allow these individuals to stay home and safe with their families and support their own elderly parents
- ✅ Consider drive through takeouts if your family is low on food