COVID-19 TIPS ON SOCIAL DISTANCING

Social distancing is a strategy to limit the spread of COVID-19, the disease caused by the coronavirus. This is a conscious effort to reduce contact between people to slow down the spread of the virus.

- Stay home, rest
- Take a walk, play games with family
- Call a friend or family member
- Use hand sanitizer
- Wash hands frequently for 20 seconds
- Fist bump instead of shaking hands
- Stay at least 6 feet away

- Gather with groups of 10 or more
- Flu like symptoms, stay home and call your doctor