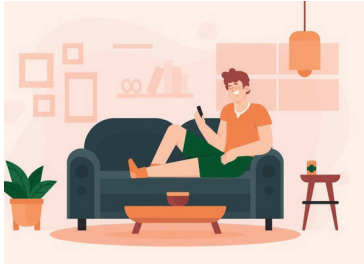


Social Distancing for Covid-19

Social Distancing is something **we ALL have to do** to all stay safe and healthy at this time.



What does it mean?

It means you need to stay at home and avoid contact with any people who you don't live with, even if you are not sick.

Why?

Otherwise the virus will spread and more people will get sick.



If you are sick, or have some symptoms you MUST stay home and ask for help from other people to bring you anything you might need.

If you are not sick and have no symptoms then follow the traffic light information below...



STOP doing these things.



- Don't go to these places: mall, religious building, gym, restaurant
- Don't go on transit
- Don't meet with friends outside or in your or their home.



BE CAREFUL, only do these if you **MUST**.



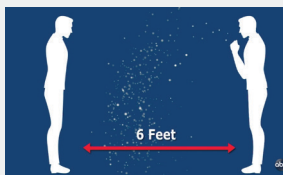
- Grocery shopping
- Picking up medications
- Walking in a public area
- Take-out food / food delivery



These things are safe to do.



- Play in your yard
- Meet with friends online
- Read, TV, Movies, Music
- Phone or text your friends and family



If you're outside, you should be **6.5 feet away**. This means you should be able to hold your arm out, and they can hold their arm out and you still wouldn't be touching each other.