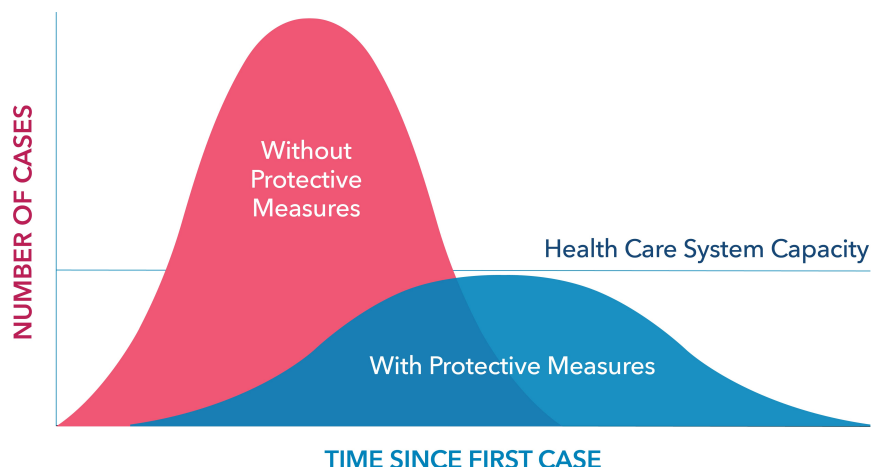


# SOCIAL DISTANCING: Not the Time for In-Person Meetups

We have an incredible opportunity to save lives through the actions we take right now. Social distancing is the key to the impact we can have on COVID-19 and the people we love.

By staying away from one another we can reduce the number of people who will get sick. If we reduce the number of people who get sick our health care system will be able to care for everyone and lives will be saved.



## Here are some steps you can start taking now to keep your family and community safe and do your part:



**No in-person kid playdates, parties, sleepovers, or families/friends visiting each other's homes.** The more we interact with others the more we put ourselves and our loved ones at risk.



**Take care of yourself and your family but maintain social distance.** Go outside every day if you are able and do your best to maintain at least 6 feet between you and non-family members.



**Reduce the frequency of going to markets, gas stations and stores.** Maintain distance from others while shopping. Remember to wash your hands thoroughly before and after your trip.



**If you are sick, isolate yourself, stay home, and contact a medical professional.** Of course, if it is an emergency call 911.