

# What is social distancing?

Social distancing is the act of increasing the physical space between people to avoid spreading illness. Along with washing hands, it is one of the best ways to help prevent the spread of coronavirus. What does this mean for you and your family?



**No way!**

- Group gatherings
- Interacting with people age 65+
- Sleepovers & playdates
- Concerts
- Theaters
- Sporting events
- Gyms
- Retail stores & malls
- House guests
- Air and rail transportation



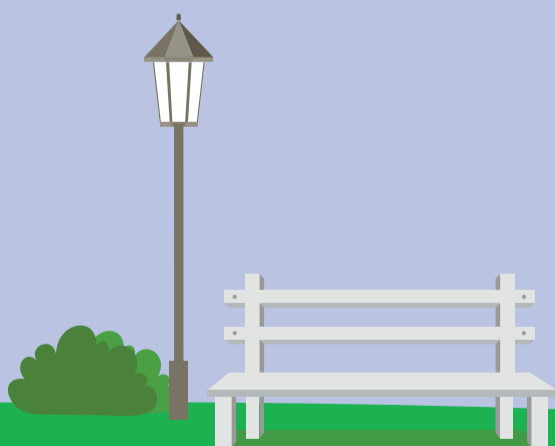
**Proceed with caution!**

- Visiting restaurants for take-out orders
- Grocery stores
- Pharmacies



**Let's do it!**

- Take a walk or hike
- Ride your bike
- Play in your yard
- Practice yoga
- Facetime a friend for a virtual playdate
- Enjoy a good book
- Have a family dance party
- Write letters to family
- Spring clean your house
- Practice musical instruments
- Virtual religious services



**Do you have questions about COVID-19?**

Visit [chrichmond.org/COVID-19](http://chrichmond.org/COVID-19) for the latest updates, videos and free family resources.