

# What is social distancing?

Social distancing is the act of deliberately increasing the physical space between people to avoid spreading illness. Here are some safe practices for social distancing:



**No way!**

- Group gatherings of 10+ people
- 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
- Playing in parks
- Religious services



**Let's do it!**

- Take a walk or go on a 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 friends/family
- Spring clean your house
- Practice musical instruments

