Social distancing means staying away from close contact in public spaces.

**Avoid**
- Group gatherings, non-essential appointments, sleep overs, playdates, concerts and theater outings, sporting events, crowded retail stores and malls, workouts in gyms, visitors in your home, non-essential workers in your home, mass transit, eating at restaurants

**OK**
- Take a walk, go for a hike, yard work, play in your yard, clean, read a good book, listen to music, cook a meal, enjoy family game and movie night, video chat family members, call to check in on friends and family

Use caution when seeking urgent medical care and getting household essentials.