

# HOW TO PRACTICE SOCIAL DISTANCING THE RIGHT WAY

## **AVOID**

Group gatherings  
Sleepovers  
Playdates  
Concerts  
Movie theaters  
Athletic events  
Malls  
Gyms  
Visitors in your house  
Non-essential workers  
in your house  
Non-essential  
public transit  
Other group settings  
Religious services

## **USE CAUTION**

Grocery stores  
Getting takeout  
Pharmacies

## **GO FOR IT**

Take a walk  
Go for a run  
Hike  
Play in your  
backyard  
Go for a drive  
Video chat  
Social media