



## Social Distancing

**Avoid close or frequent interaction with other people to help prevent the spread of COVID-19:**



Avoid handshaking, hugging and other intimate greetings



Avoid crowds, especially in poorly ventilated spaces



Avoid nonessential travel (your health care provider may have guidance for your situation)



Avoid unnecessary errands — consider online delivery services or social networks for essentials like food and household items

**Use your head — Slow the spread**