

# SOCIAL DISTANCING

A • B • Cs

## AVOID



Athletic Events  
Church Services  
Concerts  
Crowded Stores  
Theater Outings  
Sleepovers

Non-essential  
In-Home Workers  
Home Visitors  
Malls  
Travel  
Gym Workouts

Playdates  
Group Gatherings

## KEEP YOUR DISTANCE

Medication Pick-up  
Take-out Pick-up  
Grocery Shopping  
Visiting a Beach

Eat in Restaurant  
Playing in a Park  
Hiking a Wooded Trail



## SAFE TO DO

Email a Relative  
Plant a Flower in Your Yard  
Family Game Night  
Call a Friend

Go for a Short Drive  
Walk Your Pet  
Take a Sidewalk Stroll  
Stream a Movie  
Listen to Music  
Online Group Chats

