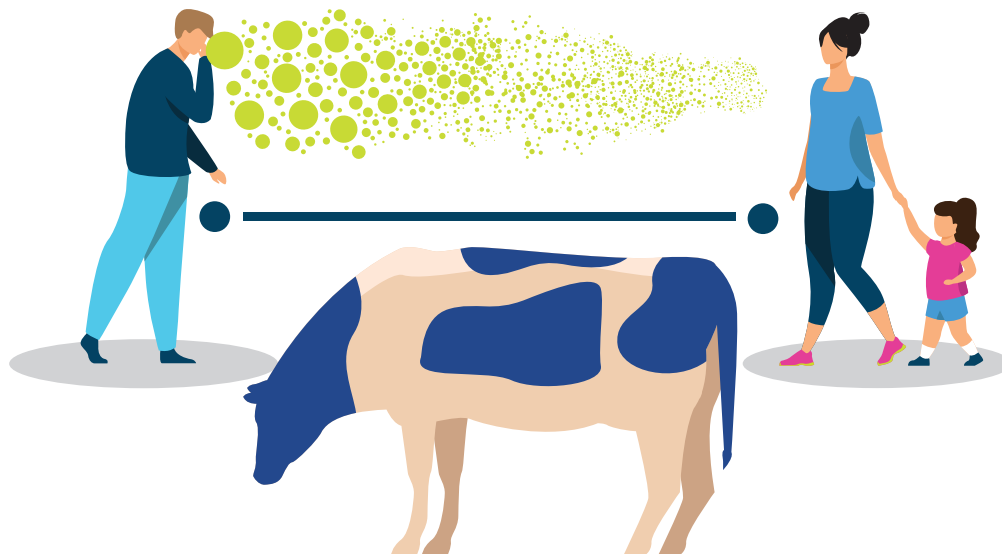


Our goal is your health: Physical distancing

Experts around the world say “physical distancing” is the key to slowing the spread of coronavirus



How does physical distancing work?

- Stay at least 6 feet away from others
- Limit travel
- If you can, work from home
- Avoid large gatherings

Why should I physically distance?

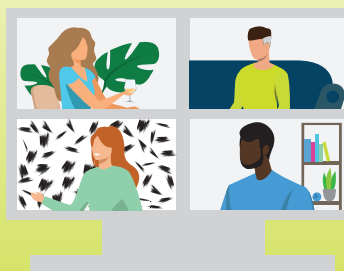
- Coronavirus is spread through very small drops of spit or mucus that sick people cough or sneeze
- Droplets that spread in the air decrease significantly beyond 6 feet
- Coronavirus may spread from people who are infected but do not show symptoms

But stay social!

Staying socially connected with friends, family, and communities is essential and also has substantial physical and mental health benefits



Utilize technology to stay connected through telephone, social media, and video chat



Get creative!
Schedule dinner with friends over FaceTime, participate in online game nights, enroll in remote learning classes

