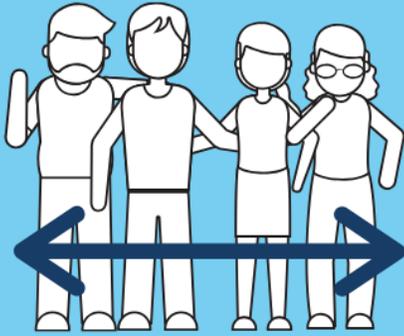
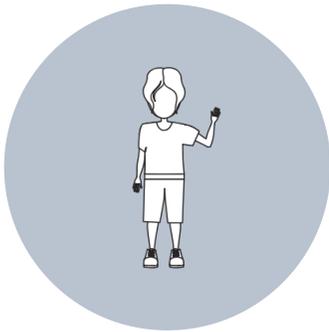


SOCIAL DISTANCING 101



Social distancing are actions that communities can take to reduce face-to-face contact which may help reduce the spread of disease.



INDIVIDUALS AND FAMILIES

- Stay home and do not go out in public when you are sick
- Avoid medical settings unless necessary
- Give six feet of space from others
- Wave instead of handshakes
- Practice excellent personal hygiene habits



AT WORK

- Work in ways that minimize close contact with people
- Minimize groups over 10
- Encourage telecommuting
- Clean your workspace frequently



THOSE AT HIGHER RISK

Public Health recommends that people at higher risk of severe illness should stay home and away from large groups of people

Those at higher risk includes people:

- Over 60 years of age
- With underlying health conditions
- With weakened immune systems
- Who are pregnant