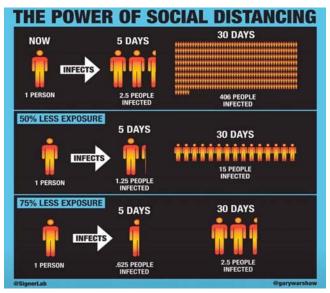


SOCIAL DISTANCING

What is it? Social Distancing can be defined as "remaining out of congregate settings, avoiding mass gatherings and maintaining distance (approximately 6ft or 2m) from others when possible."



How does it work? Social distancing, along with other risk reduction methods, attempts to slow the spread of COVID-19 and reduce the speed of new diagnoses, especially severe cases, in need of prehospital and in-hospital care.

STEPS YOU CAN TAKE TO HELP:



STAY INDOORS, STAY AWAY FROM OTHERS, LIMIT CONTACT WITH OTHERS & ADHERE TO QUARANTINE REQUESTS.



MINIMIZE GATHERINGS, PARTIES, LARGE EVENTS & UNNECESSARY TRAVEL. AVOID OVERCROWDED AREA.



CONSIDER ONLY NECESSARY SHOPPING, LIMIT DINING OUT UNLESS ABSOLUTELY NECESSARY.

CARE PROTECT GROW



IF YOU BECOME SICK OR SHOW SYMPTOMS, ISOLATE YOURSELF, STAY HOME, AND CONTACT A MEDICAL PROFESSIONAL AS SOON AS POSSIBLE.