What’s Social Distancing?

A set of practices that helps prevent the spread of germs.

Stay Home

- Work & study at home
- Reduce trips (e.g. get groceries once/week)

Keep Your Distance

- Don’t hug or shake hands
- Avoid groups of 3 or more
- Stay at least 6 feet/1.8 meters apart

Wash Hands Often

- Wash for at least 20 seconds
- Before, during, and after activities like eating, touching animals, or touching objects others have touched

6ft 1.8m