

## How to Practice Social Distancing

1. **Avoid large events.** Any gathering of people increases the chances of close contact with someone who may be sick.
2. **Avoid playdates (for now).** We do not recommend having playdates or sleepovers with other children, or visits with friends and non-immediate family members.
3. **Avoid interaction with the elderly.** We recommend that children avoid spending time with grandparents for their protection. We know that COVID-19 tends to be more dangerous for older people. FaceTime, Skype and text messaging are always safe options for being in touch!
4. **Stay Active!** It is reasonable (and recommended!) to get outside for walks, runs, bike rides, hikes, nature walks or other physical activity -- try to maintain *at least 6 feet* from other people. Getting outside will help you and your family relax during a stressful time! We recommend avoiding playground exposure as germs can live on metal and plastic surfaces for many hours.
5. **Reduce running errands.** Decrease the amount that you go to the grocery store and try to go at less popular times, such as early in the morning or late at night.
6. **Eat at home or use delivery services.** Avoid spending time in restaurants, bars, movie theaters, coffee shops, etc. for now. Take-out options or doorstep delivery are better options, but may carry some risk of exposure.
7. **We are all in this together!** It takes all of us working together to slow the spread of this virus and protect our more vulnerable populations!

## Frequently Asked Questions

**What does “isolation” mean?** When a person gets sick, they should avoid contact with others who are not sick.

**What does “quarantine” mean?** When a person has been exposed to someone with a contagious illness, they should separate themselves from others while monitoring for symptoms.