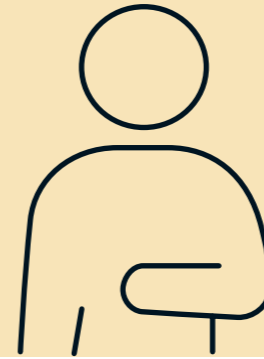


# What is social distancing?

Social distancing means avoiding close contact with others to prevent the spread of COVID-19 and can include:



Keeping a distance of 6 feet from others when going for walks or shopping for groceries...



and staying home if you are feeling unwell



Working from home where possible



Keeping kids away from group settings



Avoiding visits to long-term care homes and other care settings



Avoiding non-essential trips in the community



Limiting, postponing, or cancelling gatherings



Conducting meetings virtually