

BASIC RULES OF SOCIAL DISTANCING:

Stay home as much as possible.

Go out only for essential medical care and food and work if you have to.

Do **not** visit with others, go to meetings, go out to eat, go to events, **or** gather in any public spaces.

If you cannot work from home, talk with your employer about ways you can stay 6 feet from others. Use a gown, mask and hand sanitizer as much as possible if you have to have close contact.

If you have to go out, wash your hands before leaving, sanitize your hands at every juncture and before entering your home again, then, wash again when you are home.

While you are out, stay 6 to 12 feet away from others, consider wearing some kind of mouth cover, be it a mask, a scarf or a bandanna to lower your spread of droplets.

Sanitize your phone, door knobs, faucets and other frequently touched surfaces several times a day.

Be prepared to be disappointed, and to have to disappoint your children.

Check in with your neighbors on the phone, or from at least 6 feet away.

Ask for help if you need it.

If you are not feeling well, STAY HOME, isolate yourself, and gets others to do the essentials for you.

Call your doctor if your symptoms are severe.

Thank you!