

## COVID-19

# Dos & Don'ts of Social Distancing



### AVOID

- Group gatherings
- Sleepovers
- Playdates
- Malls
- Gyms
- Visitors in your home
- Mass transit systems



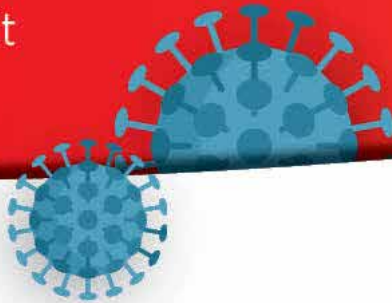
### USE CAUTION

- Visit a grocery store
- Get takeout
- Pick up medications
- Travel



### SAFE TO DO

- Take a walk
- Go for a hike
- Yard work
- Clean out a closet
- Read a good book
- Go for a drive
- Check on friends and neighbors



**Hospital Sisters**  
HEALTH SYSTEM