



To prevent the spread of COVID-19

The Centers for Disease Control and Prevention is encouraging Americans to practice social distancing. This includes avoiding crowds and group events. During this time of seclusion, it's important to maintain your mental, physical, social and overall health and well-being.

TIPS TO SUPPORT YOU AND YOUR FAMILY

1. **Maintain a routine.** Regular sleep and meals are important to your health.
2. **Get Outside.** Avoid playgrounds and stay at least 6 feet from others. Find and enjoy wide open spaces.
3. **Connect with others.** Take advantage of technology and connect via video calls.
4. **Enjoy family meals.** This is a great opportunity to make sure everyone is getting the nutrients they need to fight off potential illness.

Activities to do during social distancing

- Play a card game
- Send a card or letter
- Read a book
- Do a workout video
- Make a craft
- Listen to a podcast
- Call a friend

Don't spread germs at work. If you are sick, stay home, rest and feel better.

Did you know?

It's possible for COVID-19 to be spread by an individual showing no symptoms of the illness.



If you are feeling ill, please **call ahead** before visiting your provider.