

Stay Strong

SLOW THE SPREAD.

SAVE LIVES.



SAFE TO DO

Doctor Video Visit

Ordering online
(Home delivery)

Yardwork

Going for a walk

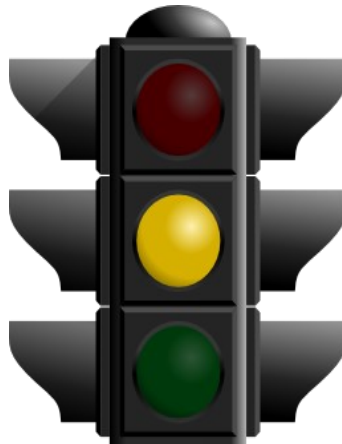
Video Chat

Working from Home

Making a home-cooked
meal

“Live Streaming” for
Church services

Family Prayer Time



USE CAUTION

Grocery shopping

Ordering food to go

Picking up medications

In-person doctor visit

Walking in the Park



AVOID

Visiting Elderly people

Visiting the Hospital

Retail stores and malls

Public transportation

Group Gatherings

Playground equipment

Playdates

Whether you are sick or healthy, during this coronavirus pandemic, it’s important to practice social distancing. That means you should not only avoid crowds but put physical distance between yourself and other people when possible, including friends and family.

Slowing the spread of this virus will help local health networks preserve vital resources—blood and ventilators—for those who need them. Simply put, practicing social distancing will save lives.