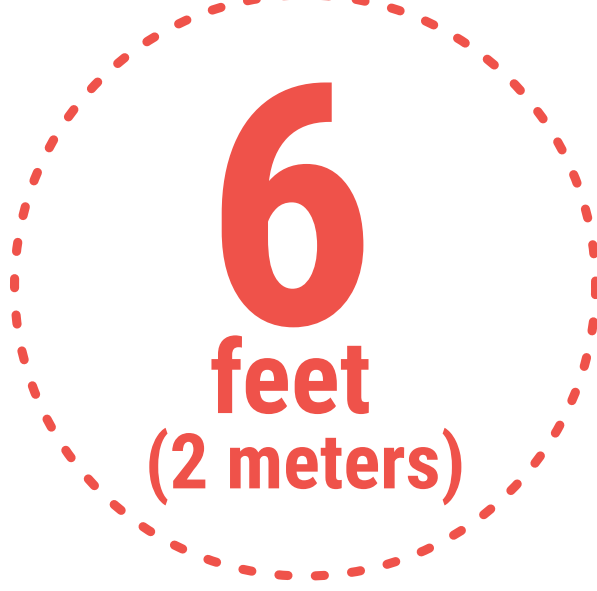


Keeping your distance

Social distancing is the best way to help keep COVID-19 from spreading.

Social distancing means **putting space between yourself and other people.**



The recommended distance is about **6 feet** or about **2 meters.**



2 yardsticks



Stay away from any place where people gather such as parks or other public gathering places.



It's important for everyone, not just people at risk, to keep their distance.

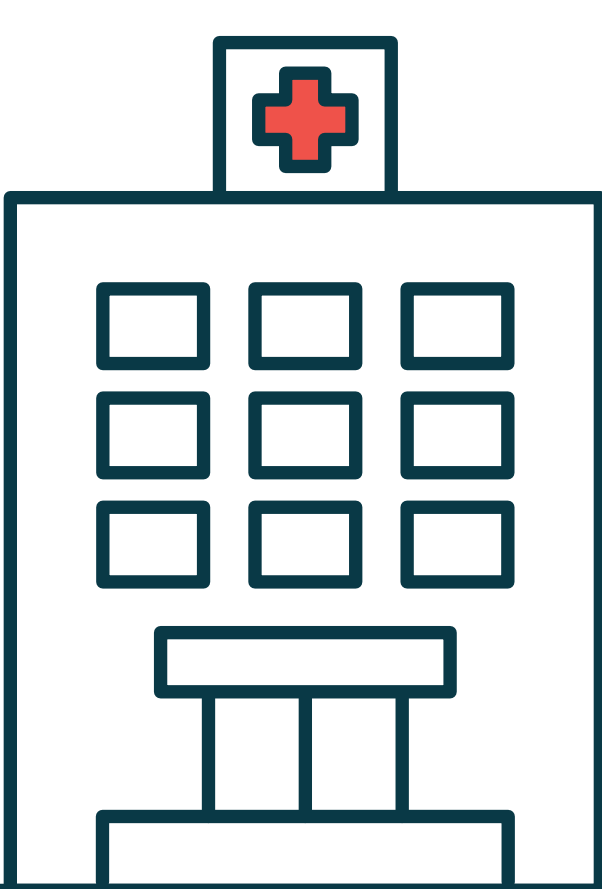
It may be hard for some people such as older kids and teens to do social distancing.

It may help to remind them that they are helping the people you and your family care about.

You or your child could have COVID-19, but not know it.



When you're keeping your distance, **you're also helping the whole healthcare system**—from conserving the equipment to protecting the people who are working.



And be sure to stay informed about what's happening regarding distancing in your area.



With care and a little time, you'll get through this. Be kind to yourself and those around you.