

SOCIAL DISTANCING

What You Need To Know About COVID-19

What does it mean and why is it important? Social Distancing is the practice of reducing close contact between people to slow the spread of infections or diseases. Social Distancing measures include limiting large groups of people coming together, closing buildings and cancelling events.



AVOID

- GROUP GATHERINGS
- SLEEP OVERS
- PLAY DATES
- CONCERTS
- THEATER OUTINGS
- ATHLETIC EVENTS
- CROWDED RETAIL STORES & MALLS
- NON-ESSENTIAL TRAVEL
- BARS & RESTAURANTS
- VISITORS IN YOUR HOME



USE CAUTION

- VISITING A GROCERY STORE
- PICK UP & DELIVERY OF FOOD
- PICKING UP MEDICATIONS
- ESSENTIAL TRAVEL
- MASS TRANSIT
- RIDING YOUR BIKE
- PUBLIC RESTROOMS



SAFE TO DO

- TAKE A WALK
- YARD WORK
- TAKE YOUR DOG FOR A WALK
- PLAY IN YOUR YARD
- CLEAN OUT CLOSET
- READ A GOOD BOOK
- LISTEN TO MUSIC
- COOK A MEAL
- FAMILY GAME NIGHT
- GO FOR A DRIVE
- GROUP VIDEO CHATS
- STREAM A FAVORITE SHOW
- CALL OR TEXT A FRIEND
- CALL OR TEXT AN ELDERLY NEIGHBOR



COUNTY OF
SONOMA



For more information, go to
[SoCo Emergency.org](http://SoCoEmergency.org)