







# Build Your Best You

## MAINTAINING SAFE PERSONAL SPACE

### What is social distancing?

Put simply, the idea is to maintain a distance between you and other people. To protect yourself and others, be sure to follow these guidelines:

-  Wash your hands upon entering new spaces
-  Wipe down surfaces and high-touch spaces often.
-  Maintain safe distance from others (at least 6 feet).
-  Do not touch your eyes, nose or mouth.
-  Spend time outside to break up long days indoors.
-  Check in with loved ones via phone or video chat.