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.