

SELF-DISTANCING IS THE NEW SELF-CARE

STAY HOME TO HELP STOP THE SPREAD, THANK YOU.



BUT IF YOU NEED TO GO OUT, REMEMBER:

Keep a distance
of 6 feet (2 meters,
or about one body
length) away from
other people

Stay away
from mass
gatherings

Avoid touching
other people,
and that includes
handshakes

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