COVID-19 (Coronavirus) Guide to Social Distancing

Here are a few steps you can take to protect yourself when you’re in public settings.

1. 6 feet of safety (2 meters)
   Stay approximately 6 feet away, or more from others.

2. Avoid shaking hands
   Use the elbow bump or wave as an alternate greeting.

3. Cover your Cough or Sneeze
   Sneeze or cough into your arm or a tissue to reduce the spread of germs.