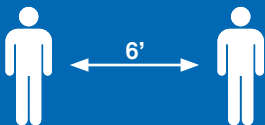


TIPS FOR SOCIAL

D I S T A N C I N G

Follow guidance from authorities where you live.



If you need to shop for food or medicine at the grocery store or pharmacy, stay at least 6 feet away from others.



Consider a grocery delivery service and use mail-order for medications, if possible.

Cover your mouth and nose with a face mask when around others, including when you have to go out in public. Keep at least 6 feet between yourself and others, even when you wear a face covering.



Avoid large and small gatherings in private places and public spaces, such a friend's house, parks, restaurants, shops, or any other place. This advice applies to people of any age, including teens and younger adults.



If possible, avoid using any kind of ride-sharing, public transportation or taxis.



Maintain social connections utilizing social media and digital communication methods.



Stay home, stay safe. Stop the spread.



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