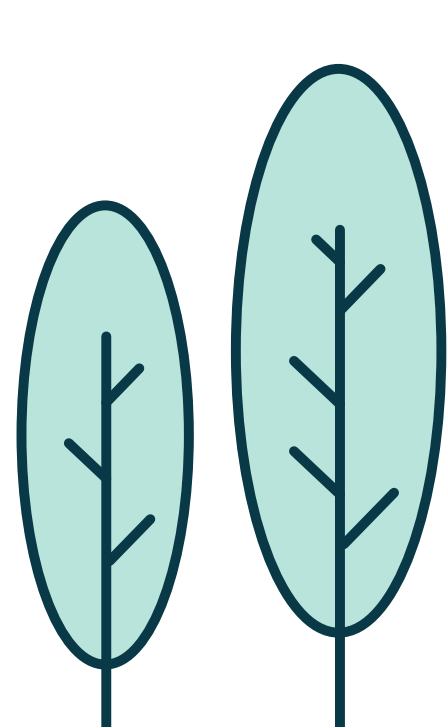
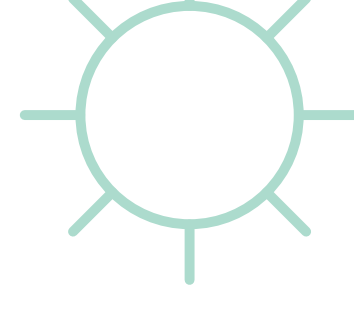


KEEPING YOUR DISTANCE

7 things you can do

Social distancing is the best way to help keep COVID-19 from spreading.

Here are 7 things you can do while you're putting space between yourself and other people.



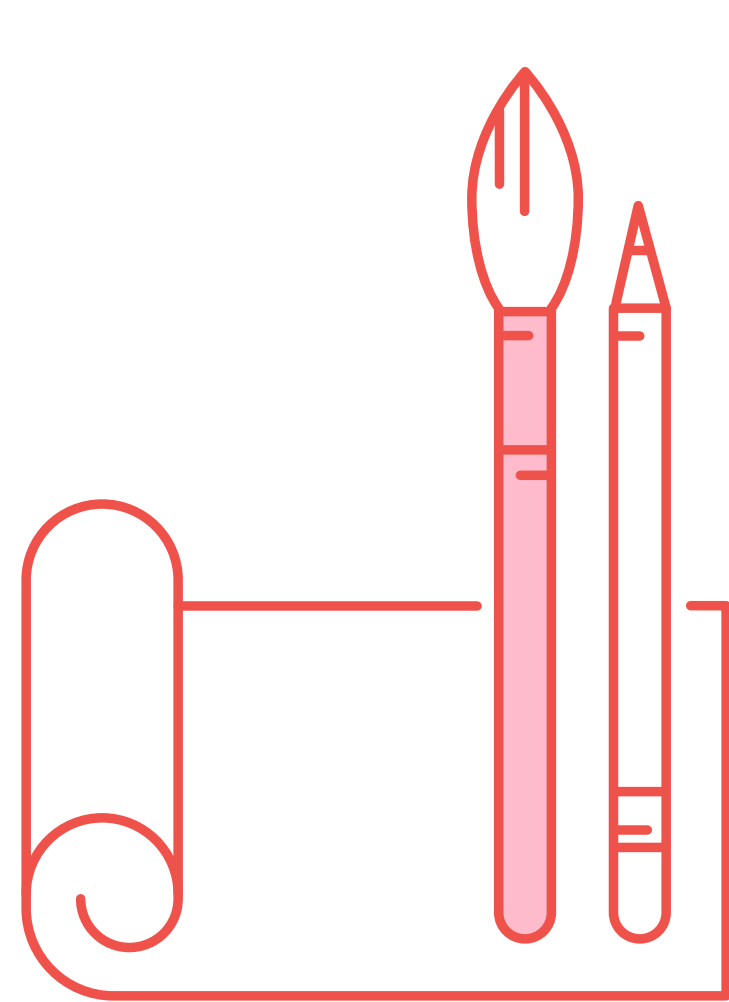
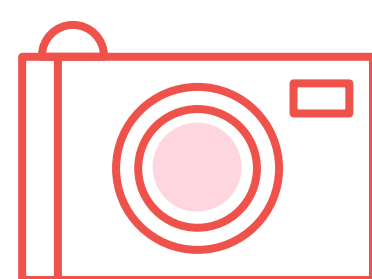
1 Get outside and be active. Fresh air and exercise are good for you. But **stay informed about what's best for your community.**

Keep a **6-foot or 2-meter space** between you and others.

Avoid gathering places like parks and playgrounds. And wash your hands well when you get home.

2 Try something new.

Use this time to pick up that dusty guitar, paintbrush, or pen, or take an online course on a subject you're interested in.



3 Reach out to friends and family.

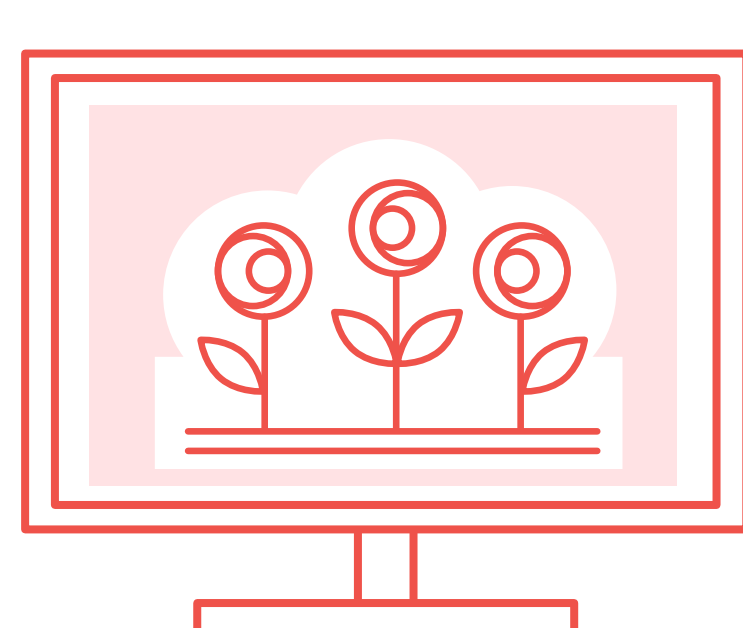
Stay in touch with others by phone, Skype, Messenger, FaceTime, or whatever virtual communication tool you use.

It may be especially important for families to stay in touch with others who live by themselves, such as friends, grandparents or other relatives. They may be feeling lonely right now.



4 Travel the world... virtually.

While at home, you can still visit places around the world online. Search on the internet for **virtual tours** of zoos, national parks, and museums.



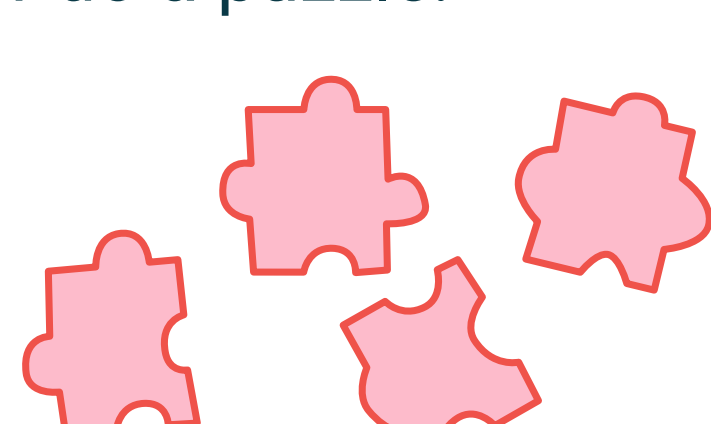
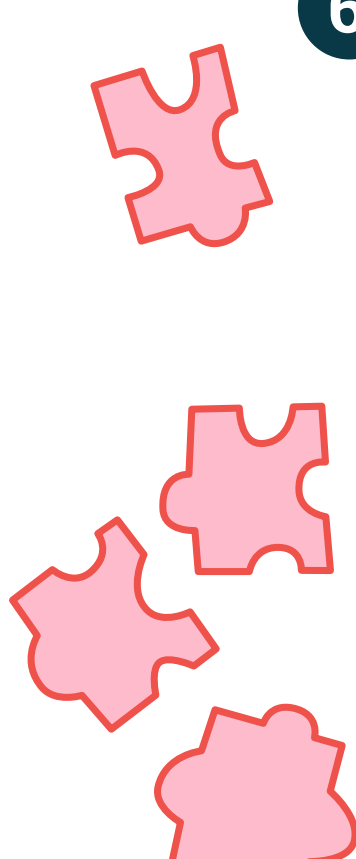
5 Do things to relax your mind.

Listen to relaxing music. Watch movies. Read books. You can also learn to relax your body and mind through meditation and imagery.



6 Take a break from the news.

Although it is important to keep up with the news about COVID-19, it can be a good idea to take some time each day to unplug from devices and the television. You could use the time to play a board game or do a puzzle.



7 Write.

Keep a journal, or write letters, cards, or emails to friends and family members.

Expressing yourself in writing can be a good way to reduce your stress. And when you write to other people, they'll feel good too.



And here's a nice bonus tip:

Laugh. And cry.

It's okay to feel whatever you're feeling right now. Everyone feels different things at different times. Take care. Forgive yourself and others.



With care and a little time, you'll get through this.

Be kind to yourself and those around you.