## DO YOUR PART. STAY HOME.



Social Distancing is Helping us Slow the Spread of COVID-19 and Saving Lives in Mecklenburg County!



## What is social distancing?

Social distancing, also called "physical distancing," means keeping space between yourself and other people outside of your home.

## Tips for social distancing

Stay at least 6 feet away from other people, even if when you wear a face covering.

Do not gather in groups in private or public, such as friends' houses, parks, stores, or any other place.

Stay at home – only go out for essential needs

Work from home unless you are essential

Avoid public transit when possible

## Stay connected while staying away

It is very important to stay in touch with friends and family that don't live in your home. Call, video chat, or stay connected using social media. Everyone reacts differently to stressful situations and having to socially distance yourself from someone you love can be difficult.









6ft Apart!







