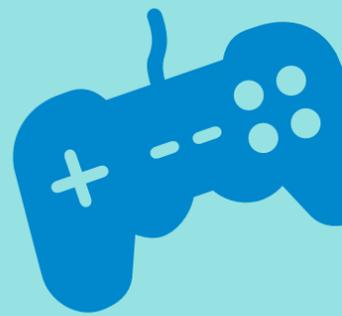
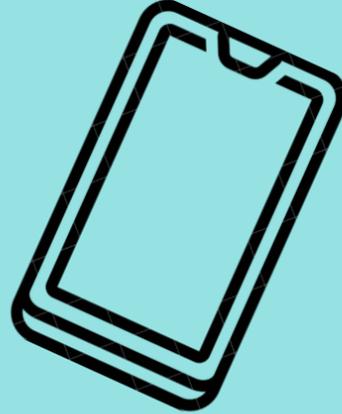


# TIPS FOR SOCIAL DISTANCING



The CDC recommends that we all practice social distancing to slow the spread of COVID-19. Remember, the virus can easily spread from person to person, even when someone does not feel sick.

by the Hudson Health Department

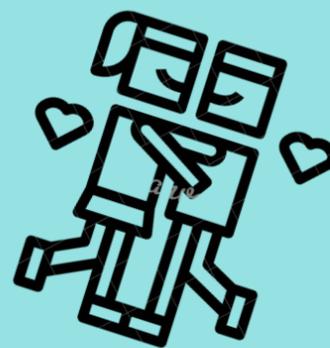
## 1 SAVE PLAY DATES FOR LATER

While this might be hard for you and your child, it is important to keep distance from other families. Visiting friends can spread germs from one family to another.



## 2 ONLY LEAVE FOR ESSENTIAL OUTINGS

Unless you are going to the grocery store, pharmacy, or an essential job, stay home! Try planning ahead so you only need to go to the store once per week.



## 3 YOUR PARTNER IS NO EXCEPTION

It is important that you do not share germs with anyone you do not live with- even your partner. Try video chatting, starting a virtual book club, and planning all of the fun activities you will do when you are reunited.



## 4 DO NOT SHARE GERMS THROUGH SHARED EQUIPMENT

People can spread germs when they touch outdoor equipment, such as a basketball or swing set. If you are spending time outside, stay away from public equipment and use your own ball.



## 5 STAY 6FT APART- EVEN OUTSIDE

Stay at least 6 feet apart from other people, even when you are walking, biking, or playing in the park. Do your best to stay away from crowded outdoor spaces.

## 6 WEAR A CLOTH FACE MASK

When you leave your home, the CDC recommends wearing a cloth face mask. This is important to stop the spread of germs from people who do not feel sick yet. Make your own mask, and save the surgical masks and N95 respirators for our healthcare professionals.



## 7 CONNECT WITH EACH OTHER IN NEW WAYS

Even though we are physically apart, it is still important to find support through loved ones. Pick up the phone, video chat, or play an online game together. Take care of yourself and your loved ones through these hard times.

## 8 REACH OUT IF YOU NEED HELP

If you are struggling with your physical, financial, or mental health, or if you do not feel safe in your home, we are here to help! Find more information online at [hudsonhealthdept.org](http://hudsonhealthdept.org) or give us a call at (978) 562-2020.

