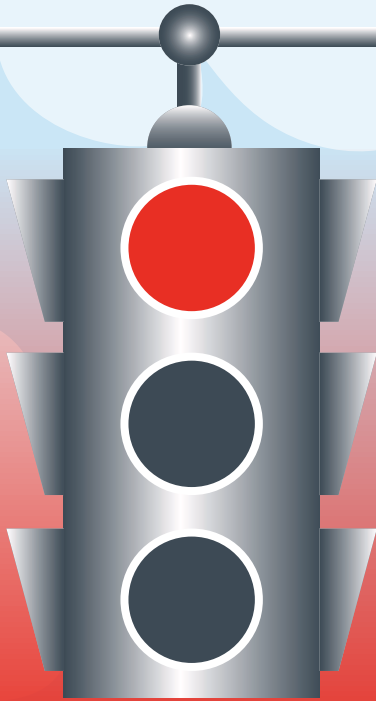


SOCIAL DISTANCING

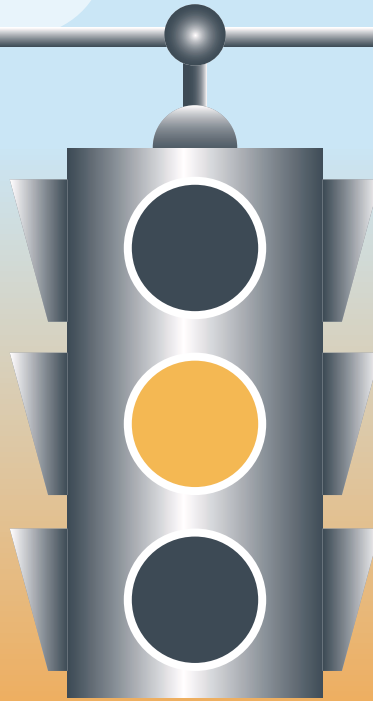
Social distancing means that you stay far enough away from others to avoid and slow the spreading of a virus or infectious disease. Read the activity examples below for things to avoid and what you can do instead during social distancing.

Source: WebMD.com, APA.org



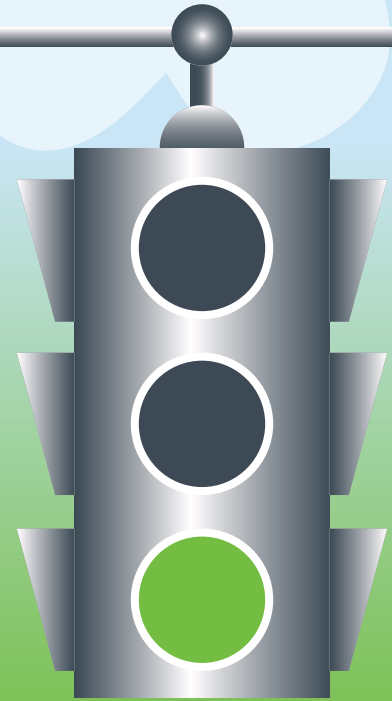
AVOID

Group gatherings
Sleepovers
Playdates
Concerts
Theaters
Athletic events
Retail stores
Malls
Gyms
In-home visitors
Transit systems



USE CAUTION

Grocery stores
Restaurant take-out
Pharmacies
Parks
Walking/hiking trails



SAFE TO DO

Walks
Hikes
Yard work
Play in the yard
Read a good book
Listen to music
Cook a meal
Family game night
Go for a drive
Group video chats
Stream movies

Sometimes social distancing can cause feelings of depression, anxiety, and frustration. If you feel like you need help overcoming these feelings, contact your medical provider.

Questions?
Contact the Plumbers Local 130 UA Wellness Center at 312.421.1016.

