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

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.