



Tips to Stay Healthy During "Social (or Physical) Distancing"

Help reduce the spread of COVID-19 by practicing social distancing. This is the practice of reducing close contact between people to slow the spread of infections or disease. Below are a few tips you can practice.

Stay home and avoid social gatherings.

Avoid large gatherings or public locations with crowds and limit close contact with others as much as possible (about 6 feet).



Take care of those that need it most!

If you have loved one that is at higher risk deliver food, medications or other necessities they may need to them.



If you have a chronic medical condition and live alone, ask family and friends to check on you.

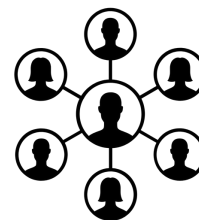
Continue practicing everyday preventive actions.

Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.



Connect with others.

Maintain healthy relationships, and build a strong support system. Share your concerns and how you are feeling with a friend or family.



Clean and disinfect frequently touched surfaces and objects (e.g., tables, counter tops, light switches, doorknobs, and cabinet handles).



How to connect with others-

If possible keep a 6 ft. distance when meeting in person or connect by calling, video-calls or email.



Lower stress levels and anxiety for yourself and those around you!

Take care of your body.

Eat healthy meals, exercise regularly, and get plenty of sleep. Avoid alcohol, tobacco, and other drugs.



Stay informed but limit exposure to news.

If feel that you are missing information, you can become more stressed or nervous. Get news updates from reliable sources, but avoid information overload.



Take breaks.

Make time to unwind and remind yourself that strong feelings will fade. Try taking in deep breaths. Try to do activities you usually enjoy.



Seek help when needed.

If distress impacts activities of your daily life for several days or weeks, talk to a clergy member, counselor, or doctor, or contact the SAMHSA helpline at 1-800-985-5990.

