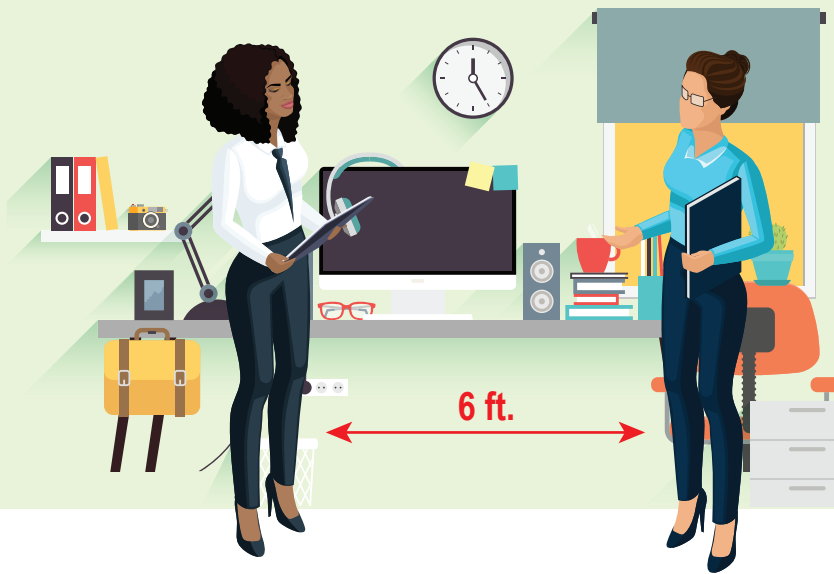


# COVID-19 (Coronavirus)

## Guide to Social Distancing

Here are a few steps you can take to protect yourself when you're in public settings.



1

6 feet of safety  
(2 meters)

Stay approximately  
6 feet away, or more  
from others.

2

Avoid shaking  
hands



Use the elbow bump or  
wave as an alternate greeting.

3

Cover your Cough or Sneeze



Sneeze or cough into your arm or a tissue  
to reduce the spread of germs.