CORONAVIRUS DISEASE

COVID 19 Coronavirus Disease

Social Distancing

Avoid close or frequent interaction with other people to help prevent the spread of COVID-19:

Avoid handshaking, hugging and other intimate greetings

Avoid crowds, especially in poorly ventilated spaces

Avoid nonessential travel (your health careprovider may have guidance for your situation)

Avoid unnecessary errands — consider online delivery services or social networks for essentials like food and household items

Use your head — Slow the spread

Maryland DEPARTMENT OF HEALTH

health.maryland.gov/Coronavirus

Maryland EMERGENCY MANAGEMENT AGENCY