

Social Distancing

Social distancing is one of the only ways to prevent the spread of COVID-19, so it's on us to keep those at higher risk healthy.



Keep your distance

Stay 6 feet apart from people and avoid large crowds.



Be busy

Prevent boredom by doing things you like or trying new things at home.



Limit guests

Use your best judgement on having guests over, but avoid sick people.



Stay social

Call your friends and family to check on them and catch up.



Avoid unnecessary errands

Only leave home to get groceries, pick up medicine, or to exercise.



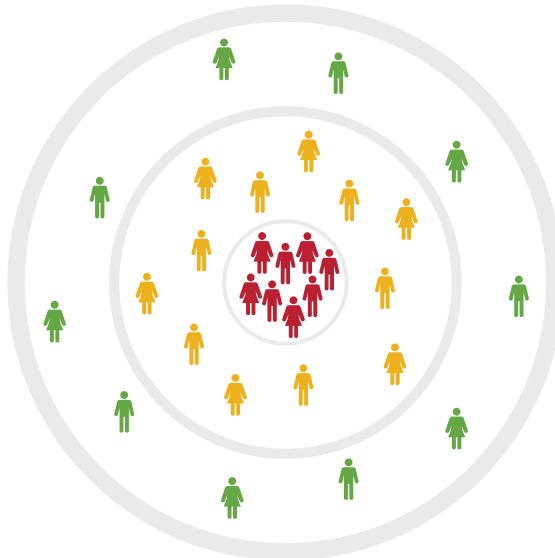
Don't forget to disinfect

Take wipes and sanitizer when you leave, wash your hands when you get home.

Practicing social distancing

Avoid

- Group gatherings
- Playdates
- Visitors in your house
- Crowded stores



Use caution

- Grocery shopping
- Picking up take out food
- Picking up medications

Safe

- Taking a walk or hike
- Yard work
- Cleaning your home
- Family game night
- Group video chat

Source: Colorado Department of Public Health & Environment