

Quick Tips for Social Distancing: *Dos and Don'ts*

Social distancing refers to physical distancing—you can (and should) maintain contact with friends, family, and others via text, email, phone, or video calls.

- Engage in meaningful activities at home, such as prayer, knitting, art, and mindfulness activities.
- Make a plan to keep your home ready for [shelter in place](#).
- If possible, get a three-month supply of your medications to have on hand at home. This will help you avoid crowds of people at the pharmacy and ensure that you are not impacted by any medication shortages.
- Call your doctor if you or your loved one begin to exhibit symptoms consistent with COVID-19.

DO Maintain six feet of distance from anyone with whom you do not live, particularly in public places (i.e., grocery stores, public parks, etc.).

DO Wash your hands regularly for at least 20 seconds.

DO Go for walks in places that are not crowded (as long as you are not in an area with a shelter in place order).

DO Attend medical appointments by phone or video conferencing when possible.

DO Go to the grocery store once a week at the most, preferably during less busy hours. Many grocery stores are opening for an hour specifically for older adults and people that are immunosuppressed, if you are able to go during that time.

DON'T Travel. Traveling by plane or by car outside of essential trips (such as medical appointments, trips to the grocery store, or trips to the pharmacy) places you at significantly higher risk of contracting the virus.

DON'T Invite friends or family to visit. Try to maintain social relationships via phone or other technology, such as Skype or FaceTime. Even people who are not obviously ill may be carrying the virus.

DON'T Eat out at restaurants or bars.

DON'T Physically attend large gatherings, such as church. Many churches are offering services online to protect their congregations. While engaging in faith is critical at this time, it is equally important to protect yourself, your loved ones, and others.

DON'T Panic. While these are frightening times, safe social distancing can protect you and your loved ones. Stay informed and stay well.

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CONTACTS & UPDATES

HDI's website and social media accounts provide ongoing updates and resources for preparing your church for COVID-19.

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