

A GUIDE TO PHYSICAL DISTANCING

Physical distancing is a way to **slow down** or **stop the spread** of infectious diseases by **limiting contact** between you and other people.



6FT



In all categories, remain 6 ft. away from others



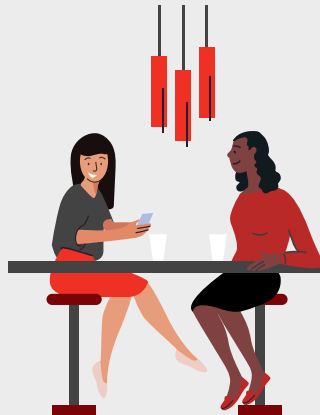
No restrictions for:

- Taking a walk or hike
- Going for a drive
- Yard work or playing in the yard
- Spring cleaning
- In-home activities
- Family game nights
- Group video chats
- Calling to check on friends and elderly neighbors



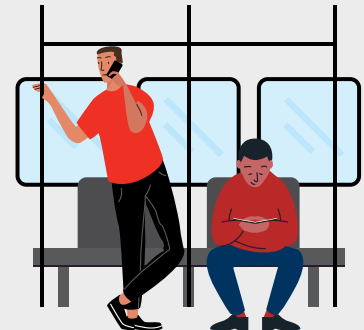
Use extra caution while:

- Picking up food
- Visiting a grocery store or pharmacy
- Going to the library
- Attending religious services
- Playing in the park
- Using public transit



Avoid or postpone the following:

- Group gatherings and playdates
- Bars and restaurants
- Concerts and theater outings
- Non-essential travel
- Crowded stores and malls
- Gyms
- Visitors and non-essential workers in your homes



REMEMBER:

Wash your hands regularly with soap and water for at least 20 seconds and avoid touching your face.

Information + Updates: azhealth.gov/COVID-19

For questions call the Arizona Poison Control System at 1-844-542-8201



ARIZONA DEPARTMENT
OF HEALTH SERVICES