

COVID-19 PHYSICAL DISTANCING ACTIVITY GUIDANCE



NO RESTRICTIONS

- GO FOR A HIKE
- YARD WORK
- COOK A MEAL
- FAMILY GAME NIGHT
- GO FOR A DRIVE



USE EXTRA CAUTION

- VISITING A GROCERY STORE
- PLAYING IN THE PARK
- ESSENTIAL TRAVEL
- PICK UP FOOD
- MASS TRANSIT



AVOID OR POSTPONE

- GROUP GATHERINGS
- MOVIE THEATERS
- CROWDED STORES
- BARS & RESTAURANTS
- NON-ESSENTIAL TRAVEL

REMEMBER

- STAY HOME IF YOU ARE SICK
- IN ALL ACTIVITIES, REMAIN 6 FT AWAY FROM OTHERS
- IMPLEMENT PERSONAL PREVENTATIVE MEASURES



ARIZONA DEPARTMENT
OF HEALTH SERVICES

[AZHEALTH.GOV/COVID19](https://www.azhealth.gov/covid19)