COVID-19 SOCIAL 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

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ARIZONA DEPARTMENT OF HEALTH SERVICES