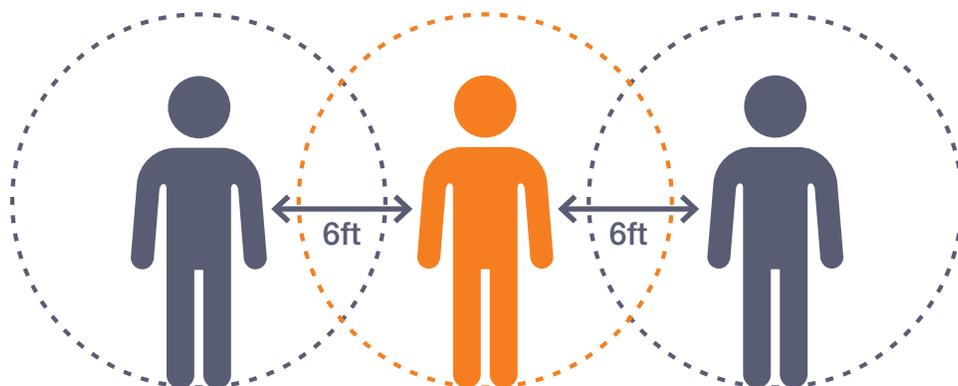


Coronavirus Disease 2019 (COVID-19)

SOCIAL DISTANCING

The best way to prevent illness is to avoid being exposed

Social distancing is **EVERYONE's** responsibility. When possible, keep **6 feet** between you and others, even when you are outdoors



Social distancing involves avoiding social gatherings, group events, public places, and crowds, **even if you feel healthy.**

Examples of activities to **AVOID**

- Group gatherings >10 people
- Visitors in your house
- Sleep overs
- Play dates/playgrounds
- Malls
- Concerts
- Mass transit
- Theaters
- Gyms
- Athletic Events
- Crowded stores and restaurants
- Non-essential doctor and medical appointments
- Non-essential workers in your house

COVID-19 can spread through respiratory droplets in the air and can live for hours on surfaces. The above activities are just some of the ways people can unknowingly spread the virus to others.

Try these **safer activities**

- Take a walk outside
- Clean your home
- Family game night
- Go for a hike
- Read
- Go for a drive
- Yard work
- Listen to music
- Video chat
- Play in your yard
- Cook a meal
- Stream a show

Please exercise your own judgment and adhere to all federal, state, and local government guidance when practicing social distancing.



TA-516-MAR20
03/23/2020

For current COVID-19 information:

<https://phc.amedd.army.mil/covid19>
<https://www.coronavirus.gov>

The Military Health System Nurse Advice Line is available 24/7:

Call 1-800-874-2273 option #1
or visit <https://www.health.mil/I-Am-A/Media/Media-Center/NAL-Day-at-a-glance>

For more information, contact your installation's Department of Public Health.

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Public Health
Prevent. Promote. Protect.

Army Public Health

The Army COVID-19 Information Hotline:
Call 1-800-984-8523,
Overseas DSN 312-421-3700,
Stateside DSN 421-3700

version 1.1