

# PHYSICAL DISTANCING 101

**Keep a distance of 6 feet or 2 meters  
– away from other people.**

**#StopTheSpread**



Source: World Health Organization

# #stopthespread

Physical distancing slows down the spread of the coronavirus, which keeps our resources available to those in need.

Stay away from mass gatherings

Opt for curbside pick-up services

Avoid unnecessary interactions with people, including handshakes

