

# Social distancing

Social distancing is a new concept for many of us. Confused about what it means and looks like in practice? Here's a quick breakdown.

## PROHIBITED

- Group gatherings
- Dining inside restaurants
- Going to the gym or spa
- Self-service buffets
- Non-essential travel
- Athletic events
- Live concerts & theater
- Play dates
- Attending work while sick
- Leaving home while sick
- Sharing food, drink, or personal items
- Hugs or shaking hands
- Playing on a park playground
- Welcoming visitors at home

## USE CAUTION

- Visiting grocery stores
- Picking up medication
- Walks & hikes
- Pick up and delivery of food
- Working in close contact
- Essential travel
- Mass transit
- Making or accepting cash payments
- Dental appointments

Find more information, including FAQs for businesses, and recommended prevention at [saltlakehealth.org](https://www.saltlakehealth.org)

## GO, GO, GO

- Donate blood
- Bicycle rides
- Yard work
- Scenic drives
- “Marie Kondo” your closet
- Binge-watch a show
- Dust off your cooking skills
- Video chat your friends
- Listen to an audio book
- Put together a puzzle
- Spring cleaning
- Call an elderly neighbor
- Text your extroverted friends
- Check smoke alarm batteries
- Play a video game
- Tune into a streamed concert
- Go fishing
- Serve a neighbor
- Start a renovation
- Take a free online class
- Organize your digital files