

# WAYS TO STAY SOCIAL DURING SOCIAL DISTANCING

Social distancing, or physical distancing, means keeping space between people to stop spreading germs. Along with washing your hands, it's one of the best things you can do to stay safe. Here's how to get some space – the healthy way.

## Do this...

## Instead of this...

Watch a show  
or movie at home



TURN IT UP!

Going to a  
movie theater

Have a video chat  
with friends



HI!

Having a playdate  
or sleepover

Make a card  
or call



THIS WILL  
MAKE THEIR DAY!

Visiting your  
grandparents or  
playing with cousins

Go for a family  
walk or bike ride



SO FUN!

Going to a crowded  
playground or gym

**We're all in this together.**  
Thanks for doing your part to keep your  
family and friends healthy.

[AtriumHealth.org/Schools](https://AtriumHealth.org/Schools)

