Coronavirus has all of us doing whatever it takes to keep each other healthy. A big part of that is social distancing, which means avoiding big groups and public settings. Here’s how to get some space – the healthy way.

WAYS TO STAY SOCIAL DURING SOCIAL DISTANCING

Instead of... | Do this...
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Eating at your favorite restaurant | Make your favorite meal as a family
Traveling to see friends | Have a video chat over coffee
Visiting elderly or sick loved ones | Send a homemade card or call
Going to the gym | Go for a walk, run or bike ride

We’re all in this together.
See helpful resources and how to get care from home at AtriumHealth.org/Coronavirus