

# *Your Guide To Social Distance*

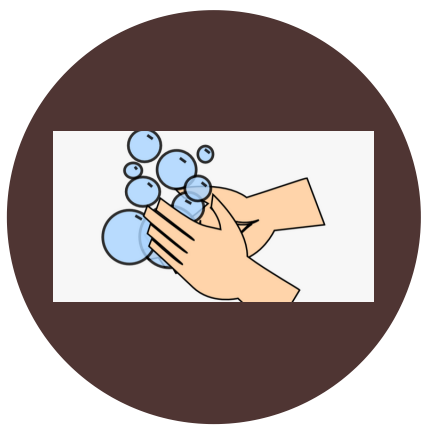
**Social distancing is a term applied to certain actions that are taken by Public Health officials to stop or slow down the spread of COROVIRUS**



**AVOID HANDSHAKES  
KISSES OR HUGS  
KEEP YOUR DISTANCE  
FROM OTHERS  
(6 FEET OR 2 METERS)**



**AVOID CROWDED  
PLACES AND LIMIT  
ACTIVITIES IN PUBLIC**



**WASH YOUR HANDS  
WITH SOAP AND  
WATER FOR AT  
LEAST 20 SECONDS**



**STAY HOME AND  
CONTACT A  
MEDICAL CARE  
PROVIDER IF YOU  
FEEL UNWELL.**

**For more information on Community Health Centers, please visit:  
<http://www.chc-ar.org/> and <http://online.fliphtml5.com/xdknb/ymox/>**

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[www.chc-ar.org](http://www.chc-ar.org)**