COMMUNITY HEALTH CENTERS OF ARKANSAS

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 CORONAVIRUS.

- 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/