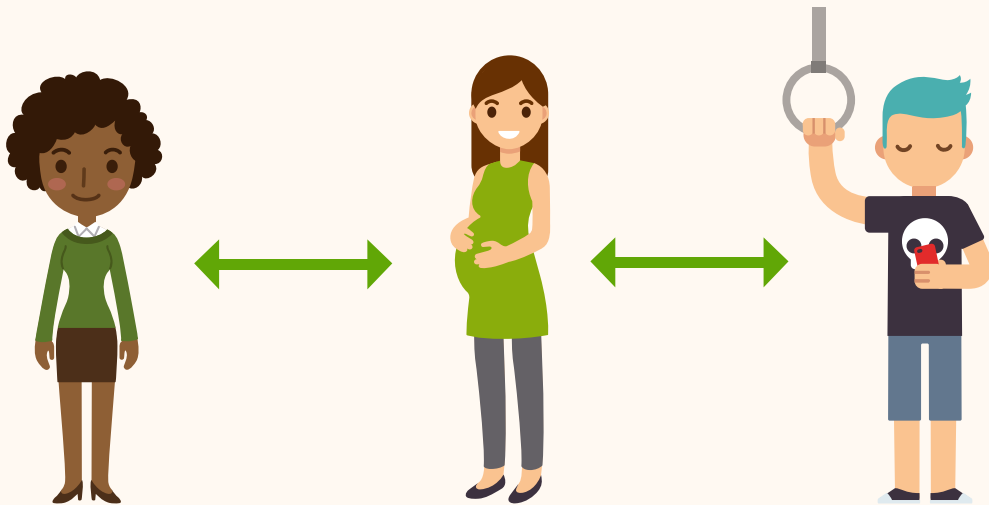


Dos and Don'ts of Social Distancing



Frequently asked questions

Should I go to restaurants and bars?



**No, eat at home, make your
own food if you can.**

How about food delivery?



**It's better than going out
but ask them to leave the
food at the door.**

**Can I have my friends over
for dinner or a party?**



**No, cancel or postpone
all social gatherings.**

**How about kid's playdates,
birthday parties..etc?**



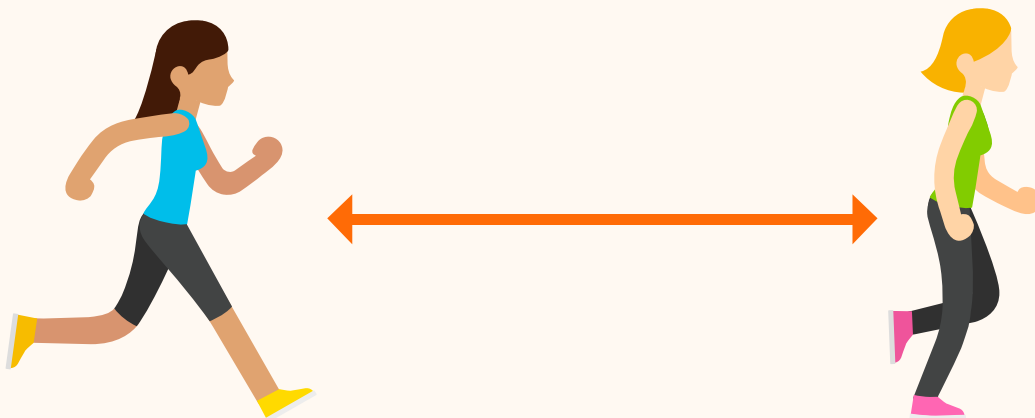
**No, children can spread the
virus too. They'll get over it.**

Should I go to the gym?



No, workout at home as an alternative.

How about running or other outdoor activities?



Outdoor exercise such as running is fine but stay away from others. Avoid all group or contact sports.

Should I go grocery shopping?



**Go if you need to.
Don't panic buy or hoard food.
Try to avoid busy hours.**

**Should I buy more
toilet paper?**



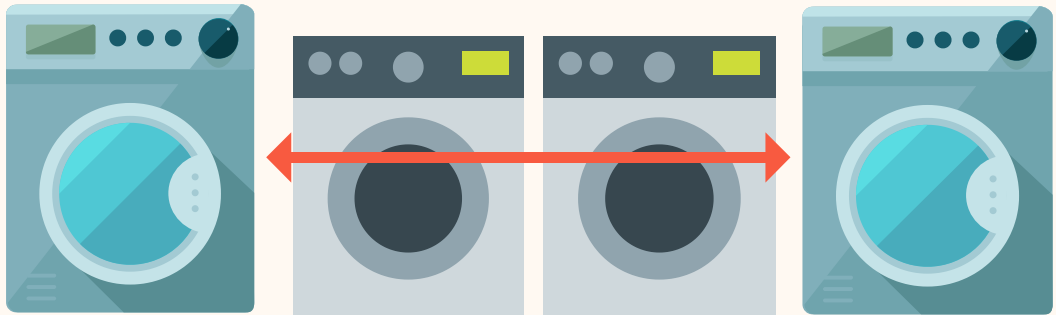
**No, unless you have
really run out of them.**

**How about haircuts
and other nonessential
appointments?**



**Postpone all nonessential
appointments.**

What if I use communal spaces in my apartment building?



Follow the public health guidelines - maintain 6ft (2m) separation, wash your hands, don't touch your face...etc.

**Can I take my dog out
for a walk?**



**Yes, preferably in areas
without many people.**

What if I have to meet with someone?*

*outside of my household



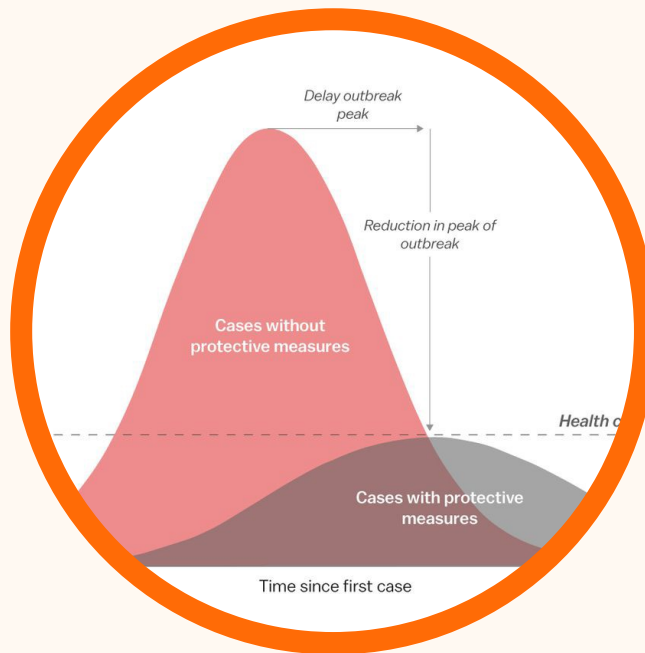
**No handshakes, maintain distance,
wash hands, don't touch face.**

Stay home!!!



Work remotely if possible and don't go out unless necessary.

Do your part to "flatten the curve." Practice social distancing



#FlattenTheCurve