

# What does physical distancing look like?



## Get pumped up for school - and keep physical distancing!

This school year is very different because of the coronavirus. As children go through this school year, it is important for families to continue physical distancing. What does this mean for you and your family?



### No Way!

- Play dates
- Sleepovers
- Visiting crowded retail stores, malls, or outdoor spaces
- Back-to-school parties
- Birthday and dinner parties
- Visitors or house guests in your home
- Driving with friends in a car
- Concerts
- Movies and theaters
- Indoor sporting events
- Eating indoors at restaurants
- Non-essential travel



### Use Caution!

- In-person School/Learning Pods
- Team sports, clubs, and other out-of-school activities
- Eating outdoors at restaurants or going in to pick up take-out
- Visiting the library in person
- Outdoor sporting events



### Lets Do It!

- Remote (online) learning
- Have virtual playdate
- Facetime a friend or relative
- Enjoy a good book or reserve library books online and use curbside pickup
- Go for a walk, run, or hike
- Ride your bike
- Play outside
- Listen to music
- Have a family dance party
- Write letters
- Cook a meal
- Family game night
- Go for a family drive
- Have family movie night

