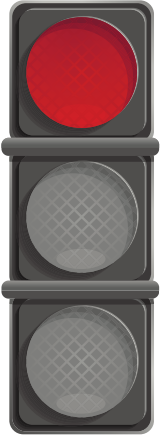


# SOCIAL DISTANCING



**Public Health**  
Prevent. Promote. Protect.  
Schuyler County, NY



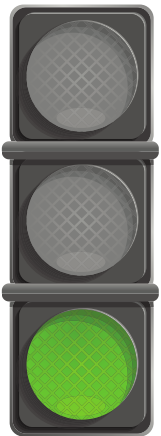
## AVOID

- Group gatherings
- Sleepovers and playdates
- Restaurants, theaters, and concerts
- Athletic events and gyms
- Malls or retail stores



## USE CAUTION

- Grocery shopping
- Getting take out
- Picking up medications (use home delivery)
- Checking on friends or elderly neighbors



## SAFE TO DO

- Taking a walk or going for a hike
- Cleaning
- Attending online religious services
- Reading, listening to music or watching TV
- Playing board games or video games

**For More Information visit**

<https://www.cdc.gov/coronavirus/>

For general COVID-19 questions call: 1-888-364-3065

Schuyler County Public Health call: 607-535-8140