As health officials work to slow the spread of COVID-19, they’ve asked Americans to do one important thing – practice social distancing. Here’s what you can do:

**SOCIAL DISTANCING TIPS**

- **STAY HOME** if you’re sick or have been around someone who has been exposed or diagnosed.

- **STAY 6 FT. AWAY** from others.

- **COVER YOUR MOUTH & NOSE** with a tissue or your sleeve if you cough or sneeze.

- **AVOID TOUCHING YOUR FACE**, especially your eyes, nose and mouth.

- **WASH YOUR HANDS** often with soap for at least 20 seconds and/or use alcohol-based hand sanitizer.

- **AVOID GATHERINGS OR MEETINGS** of 10 or more people (this includes parties and study groups!).

- **CLEAN AND DISINFECT** surfaces like your phone, keyboard, remotes and door handles regularly.