

#StopTheSpread

# Physical Distancing 101

**Stay away from mass gatherings.**

**Keep a distance of at least 1 meter – about one body length – away from other people.**

**Avoid touching other people, and that includes handshakes.**

**Don't mix with other households**



Physical distancing slows down the spread of the coronavirus, which keeps our resources available to those in need.

# THIS IS A ONE METER ZONE!

Please keep a distance of at least 1  
meter - about half a body length -  
away from people not in your  
household, while you're in this room.



**PLEASE WEAR  
YOUR MASK IN  
THE  
HALLWAYS**

