

# SOCIAL DISTANCING GUIDELINES



## KNOW THE FACTS

Keep up to date on the latest covid-19 information and recommendations by making daily visits to the websites of the CDC, the Maine CDC, and Maine Health. Only share info from trusted and official sources.

## KEEP IT CLEAN

Wash hands thoroughly and often. Don't touch your eyes, nose, or mouth with unwashed hands. Cough and sneeze into your elbow or a tissue, and throw used tissues away immediately. Clean surfaces regularly.



## IF YOU FEEL SICK

Call your doctor or email your school nurse if you feel ill. They'll tell you what to do next. If any member of your household is ill, all members of the household should self-quarantine.

## STAY HOME

Limit your visits to stores as much as possible. Avoid all in-person visits with those outside your household. If you must venture out, keep six feet of distance between you and other people.



## STAY CONNECTED

Check in often with your friends, family, and neighbors by phone, email, and video chat. Start an email list for your building, block, or street. Help others find the information and services they need.

## CARING FOR YOURSELF

Get fresh air and exercise every day. Take regular breaks from technology, and find creative outlets to make music and art, or to write, dance, bake, build, or garden. Ask for help when you need it. Your community is here for you!



NEED HELP FINDING SUPPORT SERVICES? CALL 211.

LEARN MORE AND STAY UP TO DATE

[www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus) [www.maine.gov/dhhs/mecdc](http://www.maine.gov/dhhs/mecdc)  
[www.mainehealth.org/healthy-communities/coronavirus](http://www.mainehealth.org/healthy-communities/coronavirus)