

# ARIZONA TESTING BLITZ COVID-19 AND ANTIBODY TESTING

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## Ways to stay social during SOCIAL DISTANCING

Coronavirus has all of us doing whatever it takes to keep each other healthy. A big part of that is social distancing, which means avoiding big groups and public settings. Here's how to get some space – the healthy way.

### INSTEAD OF...

Eating at your favorite restaurant

Traveling to see friends

Visiting elderly or sick loved ones

Going to the gym

### DO THIS...

Make your favorite meal as a family

Have a video chat over coffee

Send a homemade card or call them

Go for a walk, run or bike ride



## WE'RE ALL IN THIS TOGETHER.

For more mild symptoms, keep yourself and others safe by getting medical care from the comfort of home. If you need help, visit [equalitycarecenter.com](http://equalitycarecenter.com) or call 602-889-9401.

For questions, call 602.889.9401