

# WAYS TO STAY SOCIAL 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 via a telehealth visit. If you need help, visit: [equalitycarecenter.com](https://www.equalitycarecenter.com) or call 602-889-9401.



**If you have a life-threatening emergency, call 911.**