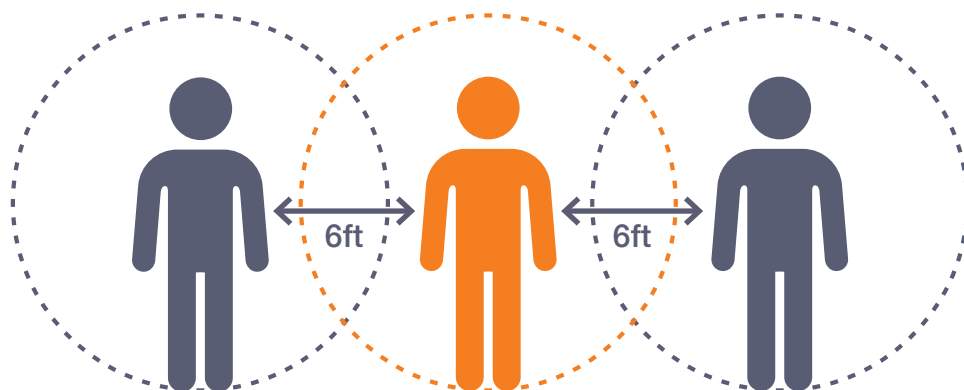


# Coronavirus Disease 2019 (COVID-19)

# SOCIAL DISTANCING

The best way to prevent illness is to avoid being exposed

Social distancing is **EVERYONE's** responsibility. When possible, keep **6 feet** between you and others, even when you are outdoors



Social distancing involves avoiding social gatherings, group events, public places, and crowds, **even if you feel healthy.**

## CONSIDER AVOIDING these activities

- Group gatherings > 10 people
- Visitors in your house
- Sleep overs
- Play dates/playgrounds
- Malls
- Concerts
- Mass transit
- Theaters
- Gyms
- Athletic Events
- Crowded stores and restaurants
- Non-essential medical appointments
- Non-essential workers in your house

COVID-19 can spread through respiratory droplets in the air and can live for hours on surfaces. The above activities are just some of the ways people can unknowingly spread the virus to others.

## Try these SAFER ACTIVITIES

- Take a walk outside
- Clean your home
- Family game night
- Go for a hike
- Read
- Go for a drive
- Yard work
- Listen to music
- Video chat
- Play in your yard
- Cook a meal
- Stream a show

Please exercise your own judgment and adhere to all federal, state, and local government guidance when practicing social distancing. **REMEMBER: Wear a cloth face covering** and maintain at least **six feet** of distance at any indoor or outdoor gathering with people who live outside your home. This is **especially important when indoors.**



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### For current COVID-19 information:

<https://phc.amedd.army.mil/covid19>  
<https://www.coronavirus.gov/>

### The Military Health System Nurse Advice Line is available 24/7:

Call 1-800-874-2273 option #1  
or visit <https://www.health.mil/I-Am-A/Media/Media-Center/NAL-Day-at-a-glance>

For more information, contact your installation's Department of Public Health.

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**Public Health**  
Prevent. Promote. Protect.

### Army Public Health

The Army COVID-19 Information Hotline:  
Call 1-800-984-8523,  
Overseas DSN 312-421-3700,  
Stateside DSN 421-3700

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