

Safely Connect with Friends and Family

Recommended practices to help you weigh the risks and plan accordingly

Many of us are eager to take small steps to safely see our friends and family again. This guidance helps you weigh the risks to prevent new cases and serious illness from quickly increasing.

Take health & safety precautions

These steps will help protect you and others and keep COVID-19 from spreading.

- ✓ Keep a 6-ft distance from other people.
- ✓ Wear a face mask or cloth face covering.
- ✓ Wash your hands with soap and water or use hand sanitizer.
- ✓ Stay home if you are sick or have recently been exposed to someone who has COVID-19. Call your doctor to see if you should be tested.



Keep your social circle small

This will make it easier to know who else may have been exposed and needs to self-isolate if someone gets sick.

- ✓ Choose other trusted households that are also taking health and safety precautions. This could be another family, or members of your own family who live in a separate household.
- ✓ Keep a list of who you have been in close contact with each day.

Stay close to home

This lowers the chance of having to stop along the way where you may be in close contact with others or exposed to contaminated surfaces.

- ✓ Limit non-essential travel to short distances.
- ✓ Consider outdoor spaces and open areas where it is not too crowded and easier to keep a physical distance.
- ✓ Choose activities that do not require sharing food or touching shared objects or other surfaces.

Protect those at higher risk

Risk for severe illness increases with age and is higher for people of any age with certain underlying medical conditions.

- ✓ Before you visit, talk to your friends and family to make sure they are taking health and safety precautions.
- ✓ Find out what your store, doctor's office, or other business is doing to protect staff and customers.