

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...

Do this...

Eating at your favorite restaurant

Make your favorite meal as a family



PASS THE CHEESE, PLEASE!

Traveling to see friends

Have a video chat over coffee



HI!

Visiting elderly or sick loved ones

Send a homemade card or call



THIS WILL MAKE HER DAY!

Going to the gym

Go for a walk, run or bike ride



SO FUN!

We're all in this together.

See helpful resources and how to get care from home at [AtriumHealth.org/Coronavirus](https://www.AtriumHealth.org/Coronavirus)



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