

WHAT IS SOCIAL DISTANCING?



Social distancing is our main strategy for slowing the spread of COVID-19. Practice effective social distancing by physically staying away from non-household members and avoiding all gatherings. The Health Department advises that you **STAY HOME** and perform daily activities remotely, if possible.

Public Health
Prevent. Promote. Protect.

Wellesley Health Department

If you must go out: Cover your face in public, stay at least **6** feet away from others and avoid physical contact. Don't touch your face and wash your hands as soon as you return home.

Keep a Daily Routine

Work from home, participate remotely in workout classes, book clubs, or streaming activities for kids. For more visit wellesleyma.gov/recreation.



Protect the Most Vulnerable

Create a plan for elderly relatives, parents, grandparents, or neighbors and inform them of the high risk and concerns about COVID-19. Try to obtain a 3 month supply of medications.



Enjoy Indoor Activities

- Read a Good Book
- Facetime with Friends
- Listen to Music
- Check on Neighbors
- Clean Out a Closet
- Stream Movies/TV
- Cook or Bake
- Phone a Friend
- Have Game Night



Go Grocery Shopping

Keep trips brief, don't panic buy or hoard food, and try to avoid busy hours.



Enjoy Outdoor Activities

Running, walking, biking, hiking, yard work, and other outdoor activities are fine. Follow Wellesley guidelines and avoid groups. All dogs should be leashed in public. For more, visit wellesleyma.gov/nrc.



Order Takout or Food Delivery

Make sure you are following public health guidelines and keep your distance when picking up food, or have it left at your door. If you can, make your own food and eat at home. More at wellesleyma.gov/1477.



Stop Child Playdates

No gatherings with anyone outside your household including sleepovers, birthday parties, picnics, etc. Have virtual dates instead!



Cancel In-Person Meetings

You cannot have friends or family over for meals or parties. Don't meetup in parking lots. You should not share food or drinks with others.



Reschedule Non-Essential Doctor Appointments

Do not go to the dentist, chiropractor, massage therapist, acupuncturist, etc. unless it is absolutely necessary at this time.



Postpone Non-Essential Work Around Your House

No workers or visitors should be allowed inside or around your house, including neighbors! This means no house cleaners, chefs, babysitters, dog walkers, etc. Please continue to pay these providers if you are able.



Postpone Non-Essential Plans

No hair or nail appointments or other services, no trips or travel plans.



Avoid Congregating in Public

Non-essential businesses are closed to workers and the public. Don't park in closed or crowded parking lots. Avoid shared spaces such as mass transit systems, elevators, laundromats, etc. Please don't socialize when at the RDF. When walking or exercising, please keep moving!



Use common sense. Social distancing can be difficult - these guidelines are temporary and can help you stay safe. **So, please maintain your distance!**



To learn more visit the COVID-19 Information Hub
www.wellesleyma.gov/coronavirus
or call 781-235-0135