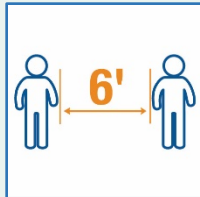


Self and community care during physical distancing

What is physical distancing?



Physical distancing means staying at least 6 feet between yourself and people who don't live with you. **Social distancing** is another name for physical distancing.

Keeping distance is an important way to protect everyone in our community from the spread of COVID-19.

How can I stay connected if I can't gather with my community?

It is important during times of stress to support each other. One way to cope with these emotions is to connect with people you care about and who care about you.

Here are some ways to connect while keeping physical distance:

- Text your friends and family.
- Chat with people on the phone.
- Make video calls.
- Send letters and cards.
- Ask people how they're doing.
- Share photos virtually.

What can I do to support my mental health during this time?

Fear and worry are normal feelings that people experience during this time. It is important to take care of yourself and others. Seek help from your health care provider if stress interferes with your daily activities.

Here are some things you can do to support yourself:

- Take breaks from the news.
- Do things you enjoy.
- Take deep breaths.
- Meditate.
- Eat healthy.
- Exercise and stretch regularly.
- Get plenty of sleep.
- Avoid alcohol and other drugs.
- Make time to unwind.
- Stay hopeful.
- Remember strong feelings will fade.

