



Westfield Regional Health Department

425 East Broad Street, Westfield, NJ 07090

P. 908-789-4070

www.westfieldnj.gov/health

SOCIAL DISTANCING:

What does it mean?

Social distancing is the practice of reducing close contact between people to slow the spread of infections or diseases. Social distancing measures include limiting large groups of people coming together, closing buildings, and cancelling events.

		
AVOID	Use Caution	Safe to DO
<ul style="list-style-type: none"> Group Gatherings Sleep Overs Playdates Concerts Theater Outings Athletic Events Crowded Retail Stores Malls Workouts in Gyms Visitors in your House Non-essential workers in your House Mass Transit Systems 	<ul style="list-style-type: none"> Visit a Grocery Store Pick up Medications 	<ul style="list-style-type: none"> Take a Walk Go for a Hike Play in your Yard Clean out a Closet Read a Good Book Listen to Music Cook a Meal Family Game Night Go for a Drive Group Video Chat Stream a Favorite Show Call a Friend Call an Elderly Neighbor