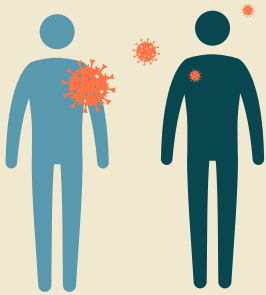# COVID-19

WHAT IS
SOCIAL DISTANCING?

The Covid-19 virus can spread easily between people. Some people may spread the virus even though they do not feel sick.

Social distancing means avoiding close contact with others.

You can help stop the spread of the virus:

STAY HOME
as much
as possible

**WASH
HANDS**
frequently

If you must go out for groceries or medication:

6 feet

KEEP SIX FEET
between yourself
and others

**WEAR
A MASK**

Northeast Georgia Medical Center