

What is Social Distancing?

**Coronavirus is a virus that is making
people sick.**

One of the ways that we can keep ourselves and others safe is to practice social distancing.

Social distancing means that we do our best to keep a safe distance from other people.

**The best way to practice social distancing
is by staying home as much as you can.
This keeps you far away from other
people.**

If we aren't at home, we practice social distancing by staying 6 or more feet away from other people. This helps us keep our germs to ourselves.

**Social distancing is hard. I miss my friends
and my family.**

**We will not have to social distance forever,
just until we are safe from coronavirus.**

**When I'm sad about social distancing, I can
talk to people I love.**

**I can see my friends and teachers on the
computer or on the phone.**

I can write letters to my friends.

I can practice social distancing!