

# WHAT IS SOCIAL DISTANCING?

**AVOID:** Social gatherings, sleepovers, crowded retail stores, malls, fitness centers, mass transit, visitors to your house, travel by cruise or commercial airline, being within 6 feet of others

**USE CAUTION:** Getting takeout, grocery shopping, picking up medication, traveling, interacting with people 6+ feet away from you

**SAFE TO DO:** Take a walk, yard work, clean your home, read a book, listen to music, family game night, go for a drive, group video chats, watching TV or a movie, take an online course

**REMEMBER TO:** wash your hands often for at least 20 seconds, avoid touching your face, avoid touching surfaces when in public, and cough/sneeze into the bend of your arm.



SOUTH DAKOTA  
DEPARTMENT OF HEALTH

[covid.sd.gov](https://www.covid.sd.gov)