

# STAYING ACTIVE & HEALTHY WHILE SOCIAL DISTANCING

## GOING OUT IN PUBLIC

1



While it may be safer for you to remain at home as much as possible, you can still find ways to keep yourself safe when you are out in public.

- Stay at least 6 feet away from other people
- Avoid crowds
- Don't touch your eyes, nose and mouth. In general, keep your hands away from your face.
- Wash your hands whenever you can.
  - Handwashing should take about 20 seconds. (The length of the "Happy Birthday" song twice)
  - Use hand sanitizer with at least 60% alcohol when you don't have soap and water.

## WHEN YOU GET HOME

2

- Wash your hands when you get home
- Wipe down your cellular phone with a disinfecting cleaning wipe



## STAYING PHYSICALLY ACTIVE

3

- Take a walk around the neighborhood early in the morning or in the late afternoon to avoid close contact with others



## STAYING CONNECTED

4

- Make time to call and chat with your friends or loved ones
- Virtual mealtimes - Plan meals with loved ones over the phone or by video chat. Set a time to meet and eat your meal together over the phone



## ROUTINE HEALTH CARE

5

- If you have a routine check-up or follow-up doctor's appointment coming up, call your doctor's office to see if you should still come into the office in-person.
  - Your doctor might be able to see you via telehealth technology (a video appointment with your doctor using your home internet and a smartphone or computer); or
  - They may want you to postpone your visit until after the risk of infection has passed



## KEEPING YOUR MIND ACTIVE

6

- Many public libraries provide members with access to eBooks, audiobooks, music, and online lessons or classes. Learn a new craft, grow your hobby, or practice a new language!
  - Pasadena Public Library Databases - <http://cityofpasadena.libguides.com/Databases>
  - LA County Library - <https://lacountylibrary.org/learn/>
- Write your memoir, spend some time journaling or videotape your thoughts. Then call your friends or loved ones to share your reflections
- Download some socially interactive game apps that you can use to play games and chat online with those you know in real life. (Be careful when interacting online with people you don't know). Some game ideas include:
  - Words with Friends
  - Draw Something
  - Boggle with Friends



Keck School of  
Medicine of USC

For further information regarding COVID-19 (Coronavirus) please call LA County Dept of Public at 1 800- 339-6993.