



SOCIAL AND PHYSICAL DISTANCING TIPS

Social, also known as physical, distancing can help flatten the curve of COVID-19. The best way to prevent the illness is to avoid being exposed to it. Follow these guidelines by the CDC.



Wash your hands with soap and water for at least 20 seconds



Stay home if you or anyone in your household is sick



Stay home if you are over 60 or have pre-existing medical conditions



Avoid social gatherings, sports and other recreational activities where more than 10 people are present



Postpone non-essential outings



When in public keep at least 6 feet between yourself and other people

Be respectful of these guidelines and rules while using Gilbert Parks!

For more information:

Text GILBERT to 313131 or visit gilbertaz.gov/covid19