# KEEP A SAFE DISTANCE

## to **PROTECT YOURSELF** from

## illness and disease

#### You can physically distance yourself by



Increasing the space between yourself and others.



Reducing contact with those who are sick.



Put extra distance between yourself and people who don't live with you.



Ask those who help you to put extra distance between you and people who don't live with you.



Learn more at

https://bit.ly/Disability-Materials

### Unable to physically distance?

You can always wear a mask to protect yourself, even if you are enjoying time with friends or family.



