



# PHYSICAL DISTANCING



*Physical Distancing can reduce the spread of disease.*

## Here are some Physical Distancing Do's and Don'ts:

 Crowds	<b>Do</b>  Greet with a wave or nod.	<b>Do</b>  Work Remotely	<b>Do</b>  Stay at Home as much as possible	 Gyms + Sporting Events
 Playdates & Sleepovers	 Clubs/Bars & Dine-in Restaurants	 Standing in Long Lines	 Handshakes	 Public Transportation

If you think you have been exposed to COVID-19, CALL your healthcare provider, or the COVID-19 Hotline for help and advice. On the Family Islands, call the Government Clinic or Medical Officer.

## COVID-19 HOTLINES

(242) 502-7383 (24 Hr. Call Center)

1 (242) 300-2619\*

\*TOLL FREE NUMBERS

(242) 376-9350 (8 am. - 8 pm.)\*

(242) 376-9387 (8 pm. - 8 am.)\*



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[www.covid19.gov.bs](http://www.covid19.gov.bs)