

PHYSICAL DISTANCING AND RISK REDUCTION

STAYING SAFER DURING THE
COVID-19 PANDEMIC



Some activities that might normally be safer carry a higher level of risk during times of physical distancing due to the risk of spreading COVID-19.

Hanging out with birth and chosen family members at their houses a few days a week like usual.

Going out with friends and driving to the store together because one person wants or needs something and you are bored.

Meeting up with a partner to Netflix and Chill.



However, there are safer alternatives that help to meet emotional, social, and physical wants and needs.

Message, call, video-chat, or write letters to friends and family who do not stay in the same place you stay.

Take turns with friends to go to the store by yourself only when necessary and drop off items for others outside for them to bring in once you've left.

Alternatives include abstinence, fantasy, telephonic verbal exchanges with a partner, and self-masturbation.