



## SOCIAL DISTANCING...THE NEW SOCIAL *NORM*?

In recent weeks, the Covid-19 health emergency has put the great American pastime of socializing on pause. Local, state, and national officials have all coined a term that was foreign to most people until just a few weeks ago called, *social distancing*.

If you're a social butterfly or an event planner, the news could not be worse. The new mandate to stand six to eight feet apart is causing terms like self isolation, quarantine, and shelter-in-place to become terms of endearment.

Families are now together 24 hours a day and going to the grocery store has become a game of "Survivor."



### SOCIAL DISTANCING

*Standing at least six feet away from other people...*



Since the “grocery-store meet up” is a thing now, it’s a good time to think about a few actions you can take to make every trip enjoyable.

### **BRING PATIENCE**

During a crisis, you have to be a bit more patient as you deal with long lines, food shortages and yes, even rude people. Put patience on your list and try to keep an upbeat attitude.

### **MAKE A LIST**

Keep your social interaction brief and purposeful! Make a list of what you need instead of packing your cart with random bulk items.

### **HAVE A BACKUP PLAN**

Have a few stores on your list to make sure you can find what you are looking for. Call ahead if you are in no mood to visit several stores.

### **HAVE A GREAT ATTITUDE**

When there is a crisis, people are ruder than usual. Having a great attitude will help you deflect some of the negative attitudes of others. Be the light in the room.

### **SHOP EARLY**

Get to stores as early as possible to make sure your items are stocked and to also avoid large crowds.

### **BE RESPONSIBLE**

As officials release information about staying safe during this dangerous time, be sure to be responsible and do your part. Wear the appropriate protective gear, and if you are sick, steer clear of the public. With a little help from everyone, this too shall pass.

### **HELP OUT**

If you know of an organization that helps others, make a donation. Every little bit helps.



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