### Individual Recommendations

*Opening Up America Again:*
[https://www.whitehouse.gov/openingamerica/](https://www.whitehouse.gov/openingamerica/)

| Social Distancing | • Avoid socializing in groups that do not readily allow for appropriate physical distancing (receptions, trade shows, etc.).  
• When in public, individuals should maximize physical distance from others.  
• Household family units should maintain six-foot distance from others at all times.  
• Elderly or otherwise vulnerable populations should take strict precautions to prevent illness: [https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/older-adults.html](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/older-adults.html) |
|-------------------|--------------------------------------------------------------------------------------------------|
| Procedures        | • If you are sick, **stay home** and contact your medical provider.  
• **Strongly** consider using face coverings while in public.  
• Minimize nonessential travel; especially to areas with ongoing community transmission.  
• Continue to practice good hygiene, including:  
  - Washing hands with soap and water, or using hand sanitizer, especially after touching frequently used items or surfaces;  
  - Avoiding touching your face;  
  - Sneezing or coughing into a tissue, or the inside of your elbow or shirt; and  
  - Disinfecting frequently used items and surfaces as much as possible. |


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**Narrative:** For specific items not listed, common sense would dictate to err on the side of protecting the public.