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COVID-19 Dating Precautions

Dating virtually using video calls such as FaceTime, Google Hangouts, Skype, or Zoom is the safest option during the COVID-19 pandemic. If you are planning a date in public, you should try to do so as safely as possible.

Follow CDC guidelines to remain safe if you choose to meet the person face-to-face. The most important ways to keep yourself and others safe is to:

- 1. Wear a mask.
- 2. Wash your hands with soap and water often for at least 20 seconds. Use hand sanitizer when soap and water are not available.
- 3. Stay at least 6 feet (about 2 arm lengths) away from others.
- 4. Avoid crowded areas.

Tips for Safe Dating During COVID-19

- If you plan to set up a date with a person, consider asking them what precautions they have taken to stay safe during the COVID-19 pandemic before meeting them.
- Consider choosing a location outdoors for your date. For example, get coffee and sit outside to drink it and chat.
- Consider suggesting that you both get tested for COVID-19 prior to being close to one another.



Information about the Vaccine

The Centers for Disease Control and Prevention (CDC) provides information about how to get vaccinated and makes recommendations about who should get the COVID-19 vaccine first. For more information, visit this <u>link</u>.





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