Social distancing during recovery meetings

Fact sheet

Overview

The Health Care Authority’s Division of Behavioral Health and Recovery wants everyone to stay safe and well as our country deals with the impacts of the coronavirus virus.

Steps to stay healthy during recovery meetings

- Wash hands often with soap and water.
- Use hand sanitizer if soap and water is not available.
- Avoid touching your eyes, nose, or mouth.
- Avoid contact with people who are sick.
- Stay home while you are sick and avoid close contact with others.
- Cover your mouth/nose with a tissue or sleeve when coughing or sneezing.
- Attempt to keep at least 6 feet of distance between yourself and others.

More information

Many in the recovery community have shared information on reducing the spread of the coronavirus. Both Alcoholics Anonymous and Narcotics Anonymous websites have information on the safety measure recommended by the Centers for Disease Control. Gamblers Anonymous, Cocaine Anonymous, and Washington Area Al-Anon Family Group have posted information on how to prevent the spread of the Coronavirus.