

# 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.