

## **Do Not Keep Your Distance for MY Benefit**

I do not require your consideration.

You are not responsible for my health.

## Please:

If you are concerned, it is your obligation to look after yourself. It is unfair to burden others with your health requirements. Take responsibility for yourself and maintain a distance you are comfortable with.

## Do not expect a "thank you" for doing something for your own benefit.

Be aware that rudeness is inappropriate, members of your community might feel bullied. Treating people as *infectious undesirables* can have deep psychological ramifications.