

# PHYSICAL DISTANCING

or “Social Distancing” means reducing close contact between you and other people to slow the spread of the COVID-19.

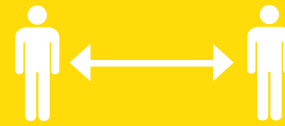
When you stay at home when feeling ill and avoid contact with others outside your household you can prevent the spread to others, and make sure our hospitals have room for patients who need care.

## AVOID



- Any gatherings with people outside your household.
- Having others into your home.
- Close contact (hugging or handshakes) or being within 2 metres of others outside your household.
- Going out if you are feeling ill, have symptoms of COVID-19 or should be self-isolating.

## DO WITH CAUTION



If you have no symptoms and need to go out, stay at least 2 meters apart from other people (about the width of a car). Wear a non-medical mask while indoors or if physical distancing isn't possible and wash/sanitize your hands often.

- Grocery shopping
- Picking up medications
- Getting take out food or picking up items from stores curbside
- Using public transportation
- Drop off essential supplies for friends or relatives at the door (clean your hands when handling).

## SAFE TO DO



Do these things with your household members.

- Take a walk, run, or go biking – maintaining 2 metres of distancing away from those outside your household
- Build a snowman or play in the snow
- Connect with friends via phone, video chat or online
- Work from home
- Read or watch a movie/TV
- Online classes or at home workouts
- Cook
- Puzzles and boardgames
- Clean and organize