

PHYSICAL DISTANCING

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

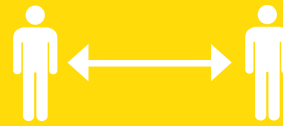
When you stay at home when feeling ill and avoid contact with others outside your household and social circle you can prevent the spread to others, and make sure our hospitals have room for patients who need care.

AVOID



- Social gatherings over 100 people outdoors and over 50 people indoors
- Close contact (hugging or handshakes) or being within 2 metres of others outside your household and social circle
- Playdates and sleepovers with other kids from outside your social circle
- House parties
- Going out if you are feeling ill or have symptoms of COVID-19

DO WITH CAUTION



- Stay at least 2 meters apart from other people - about the width of a car. Wear a non-medical mask to reduce the risk or if physical distancing isn't possible and wash/sanitize your hands often.
- Indoor dine-in establishments and patios with your social circle
 - Public transportation
 - Busy public spaces (stores, parks, buses)
 - Visiting elderly friends/relatives
 - Hair/Nail Salons
 - Tattooing and body piercings
 - Playgrounds and play structures
 - Recreation activities and attractions

SAFE TO DO



- Do these things with your household members/social circle.
- Take a walk, run, or go biking – maintaining 2 metres of distancing away from those outside your household/social circle
 - Yard work/playing in your yard
 - 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