

# PHYSICAL DISTANCING

## PHYSICAL DISTANCING MEANS AVOIDING CLOSE CONTACT WITH OTHERS TO PREVENT THE SPREAD OF COVID-19

Visitors in your house

Sleep overs

Playdates

Playgrounds

Group gatherings  
(e.g. parties, weddings  
and funerals)

Non-essential workers  
in the office

Visits to long-term care  
homes and other care  
settings

## KEEP A 2 METRE (6 FEET) SEPARATION FROM OTHERS

Grocery shopping

Getting take out

Picking up medications

## ALONE OR WITH MEMBERS OF YOUR HOUSEHOLD

Group video chats

Cook a meal

Game night

Call or text a friend  
or elderly neighbour

Take a walk or go  
on a hike

Play in your yard

Listen to music

Stream a show

**WASH YOUR HANDS OFTEN WITH SOAP AND WATER OR USE ALCOHOL-BASED HAND SANITIZER**