

WHAT IS PHYSICAL DISTANCING?

PHYSICAL DISTANCING MEANS AVOIDING CLOSE CONTACT WITH OTHERS TO PREVENT THE SPREAD OF COVID-19 AND CAN INCLUDE:



Avoiding
non-essential
trips in the
community



Avoiding
visits to
long-term
care homes
and other
care settings



Working
from home,
where
possible



Conducting
meetings
virtually



Avoiding
social
gatherings
with people
who don't live
in your home

KEEP A DISTANCE OF 2 METRES (6 FEET) FROM OTHERS WHENEVER POSSIBLE.