

PHYSICAL DISTANCING

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

AVOID

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

USE CAUTION

KEEP A 2 METRE (6 FEET) SEPARATION FROM OTHERS

Grocery shopping

Getting take out

Picking up medications

SAFE TO DO

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