

# PHYSICAL DISTANCING

Physical distancing (social distancing) means **keeping a distance of at least two metres from others at all times.**




**Everyone needs to practice physical distancing**, even if you have:

- ▶ NO symptoms of COVID-19
- ▶ NO known risk of exposure
- ▶ not travelled outside of Canada within the last 14 days.



## DO YOUR PART TO HELP REDUCE THE SPREAD OF COVID-19.

This is the best way to keep you and the people around you safe.

 <b>GREEN LIGHT (SAFE TO DO)</b>	 <b>YELLOW LIGHT (USE CAUTION)</b>	 <b>RED LIGHT (AVOID)</b>
<ul style="list-style-type: none"> <li>▶ Greet with a wave from a distance</li> <li>▶ Go outside - run, bike, walk the dog at least 2 metres away from other people*</li> <li>▶ Read, draw, paint, listen to music, dance, play games, watch a movie at home</li> <li>▶ Cook a meal</li> <li>▶ Group video chats</li> <li>▶ Food delivery services</li> <li>▶ Online shopping</li> <li>▶ Online learning</li> <li>▶ Virtual tours of museums</li> </ul>	<ul style="list-style-type: none"> <li>▶ Getting groceries (once a week)*</li> <li>▶ Picking up take-out food*</li> <li>▶ Attending essential medical appointments</li> <li>▶ Picking up medication*</li> </ul>	<ul style="list-style-type: none"> <li>▶ Going to work, unless absolutely necessary*</li> <li>▶ Playdates, sleepovers, coffee dates</li> <li>▶ Visitors to your home, except for essential service workers, and individuals providing care or delivering food/supplies. Ensure you maintain a distance of 2 metres</li> <li>▶ Group gatherings, even if outside</li> <li>▶ Playgrounds, busy public parks</li> <li>▶ Gyms, bars, shopping malls</li> <li>▶ Peak shopping and public transit hours*</li> <li>▶ Non-essential appointments (such as hair &amp; nails)</li> <li>▶ Non-essential workers in your home</li> </ul>

\*If you are in **isolation** or **quarantine (self-isolation)**, your guidelines will differ. Please follow specific guidelines relating to your situation.

**NOTE:** Some people may transmit COVID-19 even though they do not show any symptoms. In situations where physical distancing is difficult to maintain, **wearing a non-medical mask or facial covering**, (i.e., **constructed** to completely cover the nose and mouth without gaping, and secured to the head by ties or ear loops) provides a barrier between your respiratory droplets and the people and surfaces around you. It may also stop you from touching your nose or mouth, which is another way the virus can get into your body.

The Government of Canada has implemented an Emergency Order under the Quarantine Act. This order means that everyone who is entering Canada by air, sea or land has to stay home for 14 days in order to limit the spread of COVID-19. The 14-day period begins on the day you enter Canada.

- ▶ If you have travelled and have no symptoms, you must **quarantine (self-isolate)**.
- ▶ If you have travelled and have symptoms, you must **isolate**.

## FOR MORE INFORMATION:

 [canada.ca/coronavirus](https://canada.ca/coronavirus)

 1-833-784-4397



Public Health  
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