SOCIAL DISTANCING BEST PRACTICES

STAY HOME

WASH YOUR HANDS OFTEN

KEEP 2 METRES/6 FEET AWAY FROM OTHERS

STAY CONNECTED

- Call, text or video chat with loved ones.
- Follow credible sources for updated information.

SELF-ISOLATING?

- Don't leave your property for 14 days.
- Contact family, friends or delivery service to get what you need.

GROCERIES & ESSENTIALS:

- If possible, designate one person in each household to get groceries & essential items and only shop once per week.
- Offer to pick up items for vulnerable neighbors and those who are self-isolating.
- When shopping, keep 2 metres/6 feet away from others.

GATHERINGS:

- Don't gather with anyone you don't live with.
- If you have to gather for work, practice social distancing.

EXERCISE:

- Walk, run, bike for health, not to socialize and not in groups.
- Stay in your home or neighbourhood and keep 2 metres/6 feet away from others.