

WHAT IS PHYSICAL (SOCIAL) 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**



**Limiting, postponing or
cancelling
gatherings**



**Working from home,
where possible**



**Conducting meetings
virtually**



**Keeping kids away from
group settings**



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

**Keep a distance of 6 feet from others when going for walks
or shopping for groceries.**

Adapted from Toronto Public Health