

Practice Physical Distancing

COVID-19



SAFE

- Go for a walk or hike *
- Activities in your yard
- Activities within your home
- Go for a drive
- Group video chats
- Check on elderly neighbours or friends by phone/text
- Take an online class
- Do an online exercise video
- Read a book
- Tour a virtual museum/ art gallery
- Virtual worship/ church services

USE CAUTION

- When answering the door *
- When picking up food from a restaurant *
- Get groceries and household supplies *
- Pick up medications *
- On trails *
- When checking on those who are at higher risk *
- When delivering supplies to those in self-isolation *

Offer to do these things for elderly, immunocompromised, or other high risk people.

AVOID

- Non-essential travel
- Playdates
- Parks and play structures
- Sleepovers
- Group gatherings
- Visitors in your house
- Non-essential workers in your house
- House parties
- Group celebrations eg. birthday parties, weddings, showers, etc.
- Worship/ church gatherings

* Avoid crowds and maintain a distance of 2 metres from those around you.

While you may not feel sick, and while we know these measures are an inconvenience, please be mindful of the members of our community who are more vulnerable to COVID-19 than others.

Take care of yourself. It's OK to NOT be OK. Please know that help is available. Call 211 or visit 211north.ca to find out what resources are available in our community.

We are all in this together. For more information, visit TBDHU.COM/StopGerms

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