WHAT IS SOCIAL DISTANCING?

Social 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.