WHAT IS PHYSICAL 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
- Cancelling group gatherings
- Working from home, where possible
- Conducting meetings virtually
- Keeping kids away from group settings
- No visits to long-term care homes and other care settings

If you must go out, keep a distance of 6 feet from others.