

# 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.**