Practising Physical Distancing

What is physical distancing?
To prevent the spread of COVID-19 and protect our community, everyone needs to stay home as much as possible and keep their distance from others. Physical distancing, also called social distancing, means limiting the number of people you come into close contact with.

No physical gatherings
- Connect with friends by phone, email, video or social media
- Cancel all group gatherings, parties or playdates with other children
- Do not visit loved ones in long-term care homes, retirement homes or other care settings

Limit your trips outdoors
- Limit trips to only for essentials such as groceries, work and exercise
- Keep a distance of 6 feet (2 metres) from others
- Greet others with a wave, a bow or a nod (in place of handshakes or hugs)
- Sanitize or wash your hands when entering and exiting buildings
- Limit the number of people in an elevator to ensure a distance of 6 feet from others, and use an elbow to press buttons if you can
- Use tap to pay rather than handling money
- When taking public transit avoid prolonged close contact with others:
  - Travel during non-peak hours
  - Take shorter trips rather than one long trip

Stay physically active
- Do aerobics or online exercise classes at home
- Keep your distance from others if you must go for walks or exercise outdoors

Consider alternative ways to work
- Work from home, if feasible
- Facilitate virtual meetings (video or teleconferencing)

Self-isolate
For returning travellers or people instructed to self-isolate, refer to the following fact sheets:
- How to Self-Isolate (for people with symptoms) Fact Sheet
- How to Self-Isolate (for people with no symptoms) Fact Sheet

Protect yourself, your family and your city. It’s time to step up, not out. #StayHomeTO