

Practising Physical Distancing

What is physical distancing?

To prevent the spread of COVID-19 and protect our community, Toronto Public Health encourages everyone to stay home and reduce their physical contact with others. Physical distancing means limiting the number of people you come into close contact with.

Cancel group gatherings

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

Limit your trips outdoors (e.g. groceries, work or exercise)

- Go outside only for essential trips such as groceries, work and exercise
- Keep a distance of 2 metres (6 feet) from others
- Avoid crowded parks and playgrounds, which are not cleaned or sanitized
- 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
- No more than three people per elevator and use an elbow to press buttons if you can
- Avoid long lineups
- 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

People who are self-isolating should not go outside. Do not go shopping or walk the dog. Ask a friend or family member for help. If you need to seek health care, call ahead and wear a mask or scarf to avoid infecting others. If you have questions, please call the Toronto Public Health Hotline at 416-338-7600.

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