

Physical Distancing

Public health measures continue to be important to reduce the spread of COVID-19 and its variants. The actions you take now will protect yourself, your loved ones and our community.

Physical Distancing

Physical distancing means staying two metres apart from people outside of your household, either indoors or outdoors, and also avoiding the 3 Cs: closed spaces, crowded places and close contact.

Here are some ways to practise physical distancing:

- Greet others from a safe physical distance with a smile, nod or wave.
- Avoid non-essential trips, especially during peak times, to limit contact with large crowds.
- When using a taxi or ride share, sit in the back seat, wear a mask and keep the windows open.
- Wear a mask or face covering when in indoor public settings or when outdoors with people outside of your household and a two metre distance cannot be maintained.
- Always cough or sneeze into your elbow or sleeve, even when wearing a mask or face covering and two metres apart.

In-Person Shopping

- Avoid crowded stores and return when it is less busy.
- Follow the directional signs in aisles and throughout the store.
- Maintain physical distancing when in lines.
- Wear a mask or face covering when in indoor public settings.
- Consider curbside pick-up if available.

Attending or Hosting a Social Gathering

- Do not exceed the maximum number of people permitted, for either indoor or outdoor gatherings, in accordance with the [Step 3 Provincial restrictions](#).
- Ensure there is always enough space for everyone to maintain a physical distance of 2 metres apart.
- Consider and encourage connecting online or by phone.
- Wear a mask for indoor or outdoor social gatherings that include people from outside of your household.

Exercise and Physical Activity

Exercise and physical activity have many benefits for both physical and mental health for adults, youth and children. There are activities that can be enjoyed with people from your household or safely with others while staying two metres apart. In general, outdoor activities have a lower risk of COVID-19 transmission than indoor activities. Some lower risk outdoor activities can include:

- Walking, running, roller-blading, skate-boarding or biking, while staying two metres apart
- Exercise or yoga classes in a park, while staying two metres apart
- [ActiveTO](#) and [City of Toronto Parks and Recreation](#) provide additional suggestions and opportunities for seasonal activities.

Continue to Follow Public Health Advice

- [Wear a mask](#) or face covering where required indoors and outdoors when physical distancing cannot be maintained.
- Isolate yourself from others and get tested if you have [COVID-19 symptoms](#).
- Wash and sanitize your hands regularly.
- Download Health Canada's [COVID Alert](#) app so you can be notified confidentially if you have been in close contact with someone who was contagious.
- [Get vaccinated](#) to protect yourself, your loved ones and our community.

Contact Toronto Public Health at 416-338-7600 or visit toronto.ca/COVID19 for more information.