Physical Distancing
As we slowly return to some sense of normalcy, we need to continue physical distancing to reduce the spread of COVID-19. Everyone has a role to play. The actions you take will help protect you and everyone in our community.

If you are sick, even with mild symptoms, stay home and self-isolate. Wear a mask or face covering when you are:
- unable to keep a six feet/two metre distance from others
- in elevators, common areas, waiting rooms or shopping
- using transit, taxi or ride share services
- sick and going for a medical appointment

Be respectful of others who choose not to wear a mask. Some health conditions make it hard to breathe when wearing a mask.

Reduce Your Risk When Outdoors

When exercising and playing:
✓ Go out for fresh air, exercises or to garden.
✓ Take your children outdoors to play.
✓ Bring your own toys and sports equipment.
✓ Greet others from a distance with a wave/nod.
✓ Keep your activities to the same household.
✓ Wash or sanitize your hands often.
-infected Avoid gatherings with non-household members.
-infected Do not arrange playdates for your kids.
-infected Avoid crowded places.
-infected Avoid playgrounds.

When shopping:
✓ Create a shopping list to keep your trips short or shop online.
✓ Keep to one household member when shopping.
✓ Use tap to pay rather than handling cash.
✓ Wash or sanitize your hands often.
-infected Avoid crowded places. Limit the number of people in elevators (keep six feet apart).
-infected Avoid touching public surfaces.

When using transit:
✓ Use elbow/arm to push buttons/open doors.
✓ Sit in the back when using taxi and ride share. Wear a mask and open windows.
✓ Throw your garbage in a bin.
✓ Wash or sanitize your hands often.
-infected Avoid travel during peak hours, if possible.
-infected Avoid touching your face.
-infected Do not use transit if you are sick or self-isolating.

For more information, visit our website at www.toronto.ca/COVID19 or call us at 416-338-7600.