Practising Physical Distancing

Everyone should avoid non-essential trips in the community. Avoid close contact and keep a distance of 6 feet (2 metres) from others. Everyone has a role to play. The actions you take will protect you, loved ones and those most vulnerable in our community. It’s time to step up, not out.

Limit your trips outdoors
- Minimize trips for groceries, medication and other essentials, ideally to once a week
- Offer to pick up essentials for neighbours, especially vulnerable community members
- Ideally, order supplies online
- Avoid crowded places, do not use park amenities and do not make plans to meet up with friends when exercising outdoors
- Step aside or pass others quickly and courteously on sidewalks when walking or running
- Keep your pet on-leash and 6 feet from other people and animals.
- Consider doing aerobics or online exercise classes at home
- Limit the number of people in elevators to keep distance and use an elbow to press buttons
- Wash or sanitize your hands when entering and exiting buildings
- Use tap to pay rather than handling money
- Greet others from a distance with a wave or a nod

When taking transit or taxi
- Travel during non-peak hours to avoid prolonged close contact with others
- Take shorter trips rather than one long trip
- With taxi and ride share, sit in the back and open windows
- Wash or sanitize your hands often and avoid touching your face

Avoid physical gatherings
- Work from home, if possible
- Facilitate virtual meetings (video or teleconferencing)
- Cancel all group gatherings, parties or playdates with other children
- Gatherings with more than 5 people are not allowed (excluding people who live together)
- Do not go to playgrounds
- Schedule virtual parties or playdates
- Connect with loves ones by phone, email video or social media
- Do not visit loved ones in long-term care homes, retirement homes or other care settings

If sick, stay home and self-isolate
- People are most contagious when they are sick, or 48 hours before they show symptoms
- Limit contact with household members
- Refer to fact sheets on [how to self-isolate](#)