Physical Distancing in Shelters and Respites

Sleeping/Resting Areas

- Tape or mark the floor area to outline personal space boundaries
- Limit the use of bunks to only one client in the bottom bunk
- Separate beds or cots to create 2m lateral separation from edge to edge
- Use head to toe arrangement, wherever possible
- Use curtains, lockers and screens to create natural barriers between beds
- Limit the movement of clients between rooms

Cot or Bed Set-up

![Diagram showing cot or bed set-up with 2m distance between beds]

General Tips

- Ensure Toronto Public Health resources are posted, including “Physical Distancing” posters
- Conduct regular rounds to identify and remedy any physical distancing issues such as cots or chairs that have been moved or congregating of groups
- Greet others with a wave, or a nod; instead of handshakes or hugs
- Use furniture to promote distancing (e.g. push tables together to create 2m distance) to widen the amount of space between clients