

Physical Distancing

To practise physical distancing means to stay two metres or six feet from other people. By limiting close contact with others, we can reduce the spread of COVID-19. The actions we take will help us to protect each other.

Remember

- Stay home even if you have mild symptoms.
- Avoid non-essential trips.
- Greet others from a distance with a smile, nod or a wave.
- Avoid close contact with people outside of your household by staying two metres/six feet apart and wearing a mask.
- You still need to practise physical distancing when wearing a mask or face covering.
- Avoid crowded places, play dates, or any gathering with people outside of your household.

Do not visit friends and relatives in other apartments in the same building.

Hand Hygiene and Respiratory Etiquette

- Wash your hands often, and avoid touching your face with unwashed hands.
- Use of disposable gloves are not a substitute for hand washing. People can still touch their face with dirty gloves.
- Cough or sneeze into your elbow or sleeve.

Safer spaces

- Continue to work from home, when possible.
- Go out with members of your household for fresh air, exercise and outdoor play.
- Shop and bank online, or shop during off-peak hours or use curbside pickup.
- Practise self-care, and check-in with family, friends and vulnerable neighbours.
- Connect virtually with others for social gatherings and visits.
- If home is not safe for you, reach out for [help](#).

Residents of multi-unit buildings

- Limit your time in common areas and wear a mask or face covering.
- Wait for another elevator if you cannot stay two metres (six feet) apart.
- People who live in the same household do not need to stay two metres apart in elevators.
- Use your elbow to push elevators buttons or sanitize hands often.
- For shared laundry areas:
 - Choose a less busy time, if possible.
 - Keep two metres (six feet) from others and wear a mask.

- Sort and fold clothes at home.
- Wash your hands when you return home.

Exercise and outdoor play

- Go out for fresh air, exercise or try new [recreational activities](#).
- You may need to make reservations for winter activities online.
- Take your children outdoors to play, but don't arrange play dates or gatherings outside.
- Try a new activity - [ice skating](#), [tobogganing](#), [snowshoeing & cross-country skiing](#), or disc golf.

Transportation

- Do not use public transit if you are sick or self-isolating.
- Wear a mask or face covering; it is required under a TTC bylaw.
- Avoid travel during peak hours, when possible.
- Use your elbow/arm to push buttons/open doors.
- When using taxi and ride share, sit in the back, wear a mask and keep the windows open.
- Wash or sanitize your hands when you reach your destination.

Shopping

- Have a list to keep trips short.
- Limit to one household member when shopping.
- Avoid crowded stores, and go back when it is less busy.
- Use tap to pay rather than handling cash.
- Wash or sanitize your hands often, and when you return home.

Wearing a [mask or face covering](#) in indoor public spaces can help prevent the spread of COVID-19. It is also a requirement under the [mandatory mask or face covering bylaw](#) in Toronto. This bylaw applies to indoor public spaces, such as stores, mall, restaurants, library, galleries, hair salons and places of worship. Be respectful of people who can't wear a mask. Some health conditions make breathing through a mask difficult.

Consider downloading Health Canada's [COVID Alert](#) app so you can be notified directly if you have been in close contact with someone who was contagious with COVID-19.

More information

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