



SOCIAL/PHYSICAL DISTANCING

Social/physical distancing is one of the most effective ways to slow the spread of illness during an outbreak. By understanding what social/physical distancing is and following these best practices, we can slow the spread of COVID-19.

WHAT IS SOCIAL/PHYSICAL DISTANCING?

Social/physical distancing is a safety protocol intended to help slow the spread of a virus by avoiding certain social/physical interactions. It will likely require changing your everyday routine to minimize close contact with others in an effort to help flatten the curve. Here's what you should know:

AVOID CROWDS
and non-essential gatherings

KEEP A DISTANCE
of at least 2 metres (6 feet) from others

LIMIT CONTACT
especially with high risk people (sick or elderly)

CONNECT ONLINE
and communicate using technology

STAY AT HOME
and only go out for essentials

SOCIAL/PHYSICAL DISTANCING IS NOT:

Greeting people with a handshake, kiss or hug

Seeing people in person

Having playdates for your kids

Going out to eat or for entertainment

Shopping or taking public transportation at peak hours

IF YOU CAN'T DO WHAT YOU USED TO, TRY THESE INSTEAD:

- Instead of going out for dinner → Order in through a food delivery service
- Instead of hitting the gym or going to yoga → Exercise at home or outside away from others
- Instead of heading into the office → Get set up to work remotely from home

ALWAYS REMEMBER TO:

Wash your hands often (lather for 20 seconds)

Do not touch your face if possible

Cough or sneeze into your elbow

Avoid touching surfaces touched often

For more information about health and first aid, visit SJA.ca