

Physical Distancing

How to Slow the Spread of COVID-19

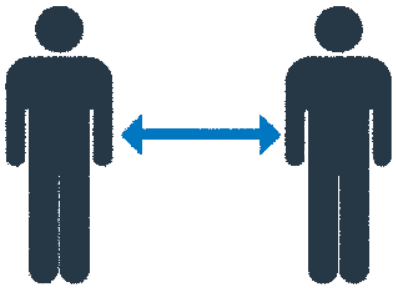
What does physical distancing mean?

This means making changes in your everyday routines in order to minimize close contact with others.

Here's how you can practice physical distancing:



Stay home as much as possible, except to get medical care.



Keep 2 arms lengths (6 feet/2 metres) between yourself and others.



Use virtual options to connect with others.



Greet with a wave instead of handshakes and hugs.



Limit contact with others when outside your home.