

Social Distancing Advice



AVOID

- Group gatherings of more than 5 people (ex: parties, weddings, funerals, bridge clubs)
- Visitors in your home
- Sleepovers and playdates
- Public spaces (ex: malls, gyms, theatres, crowded stores)
- Parks
- Non-essential travel
- Athletic events



USE CAUTION

- Grocery stores
- Pharmacies
- Gas stations
- Essential medical appointments
- Take out restaurants
- Public transit
- Essential travel



SAFE

- Spring cleaning
- TV, books, music, movies at home
- Sit on your deck
- A walk in your neighbourhood
- Yard work
- Cook a meal
- Call, message, video chat loved ones