

# PRACTICING PHYSICAL DISTANCING

To prevent the spread of COVID-19 and to protect our community, York Region Public Health encourages residents to stay home, when possible, and reduce interactions with others. Physical distancing means limiting the number of people you come into close contact with.

The most important thing you can do is stay home when you are sick. You can also:

## Cancel large gatherings

- Cancel gatherings with more than five people, especially with vulnerable residents, including seniors and people with pre-existing health conditions

## Limit, postpone or cancel small gatherings

- If you can, connect with friends by phone or online
- Keep children away from group settings including indoor playdates with other children

## Go outdoors

- Take a walk
- Keep a distance of 2 metres (6 feet) from others and stay home when sick
- Greet others with a wave, a bow or a nod (in place of handshakes or hugs)
- After going outside, wash your hands with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer

## Stay physically active

- Go for walks or exercise outdoors
- Do yoga or aerobics at home

## Cancel non-essential activities

- Consider if outings are necessary
- No parties, playdates or sleepovers

## For essential trips (e.g. groceries, pick up medications)

- Sanitize or wash your hands when entering and exiting buildings
- Avoid long lineups or use tap to pay rather than handling money
- When taking public transit, avoid prolonged close contact with others:
  - Travel during non-peak hours
  - Take shorter trips rather than one long trip
  - Limit the number of essential trips to as few as possible

## Avoid visits to care facilities

- Protect vulnerable family members by avoiding visits to long-term care homes, retirement homes and other care settings unless it is absolutely essential

## Consider alternative ways to work

- Work from home, if feasible
- Facilitate virtual meetings (video or teleconferencing)

**While you may not feel sick, we ask that you be mindful of those more vulnerable in our community. Thank you for your efforts to keep everyone healthy. We are all in this together.**

## PUBLIC HEALTH

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TTY: 1-866-512-6228

[york.ca/covid19](https://york.ca/covid19)

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