



## What is Social Distancing?

Social distancing means avoiding close contact with others to prevent the spread of COVID-19. Keep a minimum distance of 2 metres from others when shopping or walking in the community.



Avoid non-essential trips in community



Limit or postpone gatherings



Keep kids at home away from group settings



Work from home wherever possible



Visits to long-term care homes are restricted to immediate family for compassionate reasons



Conduct meetings virtually

