What is Physical Distancing?

Physical 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, walking in the community or in hospitals and health care facilities.

- 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