

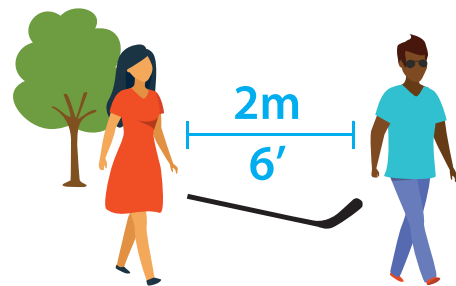
Practice physical distancing

✓ Safe



Connect via phone, video chat, or social media instead of in person.

Take a virtual tour of a museum, take an online class or try a home workout.



You can go outside* to take a walk or run. While outside, maintain a 2-metre (6 foot) distance - the length of a hockey stick.

*If you have symptoms of COVID-19, we strongly recommend you get tested and follow self-isolation instructions.

✗ Do not

Make non-essential trips outside of your home.

Visit elderly friends or relatives unless delivering essential supplies.

Gather with anyone outside your household.

Use city parks including playground equipment, sports fields and skate parks.



Use caution

Trips in the community (grocery store, pharmacy).

Take-out food, curbside pick up and deliveries.

In busy places (stores, parks, buses) – wear a mask to reduce the risk.