

SOCIAL DISTANCING GUIDELINES

Social distancing refers to limiting public gatherings as much as possible

AVOID

- Group gatherings
- Sleep overs
- Play-dates
- Concerts
- Theatre outings
- Athletic events
- Crowded Retail Malls
- Workouts and Gyms
- Non-essential workers in your house
- Mass Transit System

USE CAUTION

- Visit a local restaurant
- Visit grocery store
- Get take out
- Pick up medication
- Visit the library
- Religious services
- Travelling

SAFE TO DO

- Take a walk
- Go for a hike
- Gardening
- Play in your garden
- Clean out a closet
- Read a good book
- Listen to music
- Cook a meal
- Family game night
- Go for a drive
- Group video chats
- Stream a favourite show
- Check on a friend
- Check on elderly neighbours