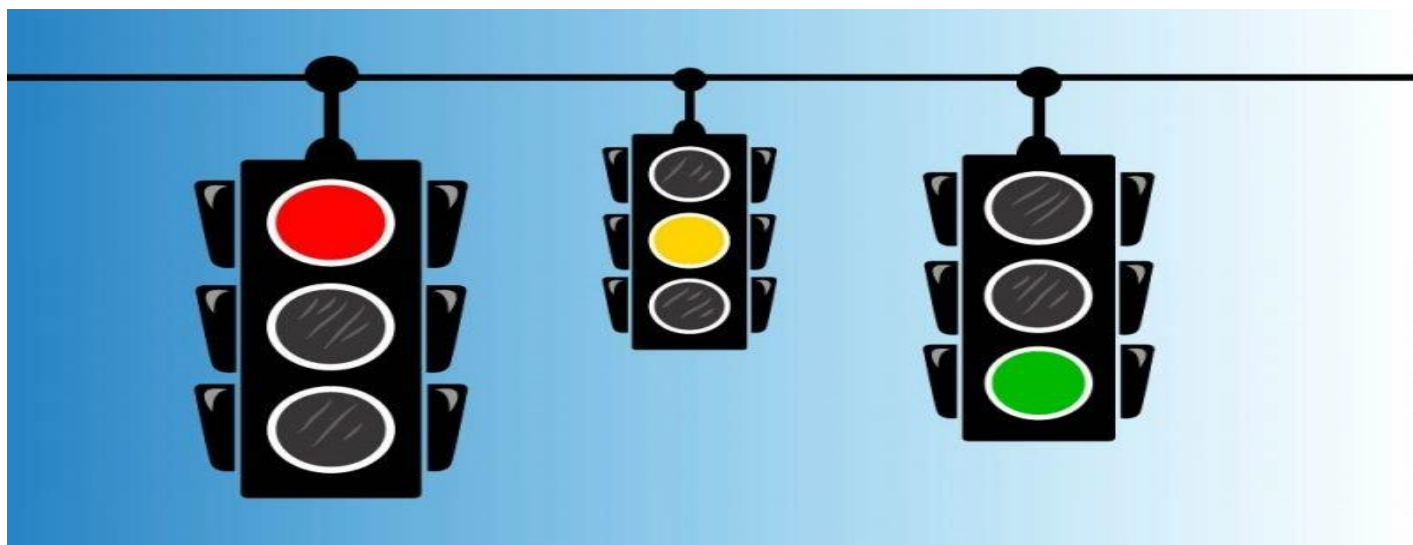


SOCIAL DISTANCING:

What does it mean?

Social distancing is the practice of reducing close contact between people to slow the spread of infections or disease. Social distancing measures include limiting large groups of people coming together, closing buildings and cancelling events.



AVOID	USE CAUTION	SAFE TO DO
<ul style="list-style-type: none">• Group Gatherings• Sleep Overs• Playdates• Concerts• Theatre Outings• Athletic Events• Crowded Retail Stores• Shopping Centres• Workouts in Gym• Visitors in your home• Non-essential workers in your home• Public transport	<ul style="list-style-type: none">• Visit a local Restaurant• Visit Grocery Store/supermarket• Get Take Out• Pick up Medication• Visit Local Parks• Visiting the Library• Church Services• Travelling	<ul style="list-style-type: none">• Take a Walk• Go for a hike• Go in the garden• Work in the garden• Spring clean your home• Read a good book• Listen to music• Cook a meal• Family game night• Go for a drive• Group video chats• Stream a favourite show/ movie• Check on a friend by phone• Check on the elderly

