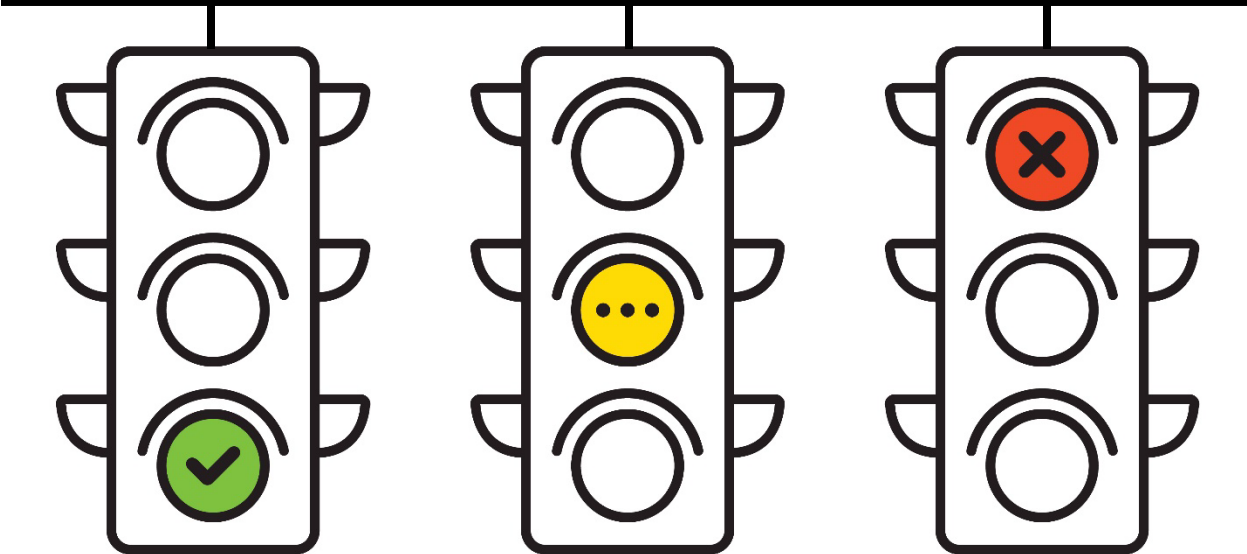


SOCIAL DISTANCING: What does it mean?

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



Safe to DO	Use Caution	AVOID
Take a walk Go for a hike Yard work Play in your yard 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 favorite show Check on a friend Check on elderly neighbours	Visit a local restaurant Visit grocery stores Get take out Pick up medications Play tennis in a park Visiting the library Church services Traveling	Group gatherings Sleep overs Playdates Concerts Theatre outings Athletic events Crowded retail stores Malls Workouts in gyms Visitors in your house Non-essential workers in your house Mass transit systems