

## Practicing social distancing

To prevent the spread of COVID-19 and protect our community, Toronto Public Health encourages residents to stay home, when possible, and reduce their interactions with others. Social distancing means limiting the number of people you come into close contact with.

**The most important thing you can do is stay home when you are sick. You can also:**

### Cancel large gatherings

- cancel gatherings with more than 50 people, especially with vulnerable residents, including seniors and people with pre-existing health conditions

### Limit, postpone or cancel small gatherings

- if you can, connect with friends by phone or online
- keep children away from group settings including indoor playdates with other children

### Go outdoors

- take a walk, go to the park, walk the dog
- keep a distance of 2 metres (6 feet) from others and stay home when sick
- greet others with a wave, a bow or a nod (in place of handshakes or hugs)
- after going outside, wash your hands with soap and water for at least 15 seconds, or use an alcohol-based hand sanitizer

### Stay physically active

- go for walks or exercise outdoors
- do yoga or aerobics at home

### Cancel non-essential trips

- consider if outings are necessary
- no parties or playdates

### For essential trips (e.g. groceries, work)

- sanitize or wash your hands when entering and exiting buildings
- avoid long lineups
- use tap to pay rather than handling money
- when taking public transit, avoid prolonged close contact with others:
  - travel during non-peak hours
  - take shorter trips rather than one long trip

### Avoid visits to care facilities

- protect vulnerable family members by avoiding visits to long-term care homes, retirement homes and other care settings unless it is absolutely essential

### Consider alternative ways to work

- work from home, if feasible
- facilitate virtual meetings (video or teleconferencing)

While you may not feel sick we ask that you be mindful of those more vulnerable in our community. Thank you for your efforts to keep everyone healthy. We are all in this together.