

WHAT IS PHYSICAL DISTANCING?

Physical distancing means avoiding close contact with others to prevent the spread of COVID-19 and can include:

Keeping a distance of 2 metres from others



Avoiding non-essential trips in the community



Limiting, postponing or cancelling gatherings



Working from home, where possible



Conducting meetings virtually



Keeping kids away from group settings



Avoiding visits to long-term care homes and other care settings