

PHYSICAL DISTANCING AND COVID-19

Together, we can slow the spread of COVID-19 by consciously keeping a physical distance between each other. **Physical distancing is the most effective way to reduce the spread of COVID-19.**

What does physical distancing mean?

It means making changes in your behaviour to minimize close contact with others, including:



- Avoiding crowded places and non-essential gatherings
- Avoiding common greetings, such as handshakes
- Staying home and self-isolating if you are sick
- Avoiding anyone who is sick
- Limiting contact with people at higher risk (e.g., older adults and those in poor health)
- Keeping a distance of at least 2 arms' lengths (2 metres or 6 feet) from others

Here's how you can practice physical distancing:



- Greet with a wave instead of a handshake, a kiss, or a hug
- Stay home, including for meals and entertainment
- Enjoy the outdoors, but only in small groups and maintain social distance
- Do not play any team sports
- Shop or take public transportation during off-peak hours
- Conduct virtual meetings
- Host virtual playdates for your kids
- Use technology to keep in touch with friends and family
- Use food delivery services or online shopping
- Work from home

Remember to practice hand hygiene and respiratory etiquette:



- Wash your hands often with soap and water for at least 20 seconds and avoid touching your face
- Cough or sneeze into a tissue or your elbow
- Avoid touching surfaces that other people touch often

If you think you might have COVID-19:



- Self-isolate from others as soon as you have any symptoms (e.g., fever, cough, sneezing, sore throat, or difficulty breathing)
- If you're not at home when a symptom develops, go home immediately and self-isolate
- Call the Northern Health COVID-19 Online Clinic & Information Line: **1-844-645-7811**
- Use the BCCDC self-assessment tool: [covid19.thrive.health](https://www.bccdc.ca/covid19/thrive/health)