

# PRACTICE PHYSICAL DISTANCING

Physical distancing means limiting the number of people you come into close contact with.

**STAY 2-METRES (6-FEET) APART FROM PEOPLE WHO ARE NOT IN YOUR SOCIAL CIRCLE  
WEAR A 2-LAYER FACE MASK OR COVERING WHEN INSIDE PUBLIC SPACE**

## Limit, postpone, or cancel gatherings

- Be mindful of how many people you connect with and consider keeping a log of those who you interact with daily
- Limit the number of people at indoor and outdoor social gatherings consistent with Provincial restrictions and continue to keep 2-metres distances between you and those not in your social circle; wear a mask if outdoors and physical distancing is difficult
- If you can, postpone or cancel gatherings and consider connecting by phone or online
- Gatherings that are not physically-distanced should be limited to your "social circle" or group of 10 people or less, who have committed to only participating in one "social circle"



## Stay home if you are sick

- If you have symptoms of COVID-19 or think you may have been exposed, stay home except for medical care
- Seek assessment and testing at one of three COVID-19 Assessment Centres in York Region, located in and operated by the hospitals in York Region



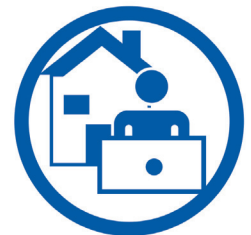
## Limit non-essential trips into the community

- Support local businesses and continue to shop for your family's essential needs
- Wear a 2-layer face mask or covering when inside public space
- Avoid long line-ups
- Sanitize or wash your hands when entering and leaving buildings
- Avoid touching your face (eyes, nose, and mouth) while out



## Consider alternative ways to work

- Work from home, if possible
- Conduct meetings virtually



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.

**PUBLIC HEALTH**  
1-877-464-9675  
TTY 1-866-512-6228  
[york.ca/covid19](http://york.ca/covid19)

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**York Region**