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

When you cannot stay 2-metres (6-feet) apart you can also:

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 gatherings to a maximum of 50 people indoors and continue to keep 2-metres distance between you and others not in your social circle
- 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”

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

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

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

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