

PRACTICE PHYSICAL DISTANCING

Physical distancing means limiting the number of people you come into close contact with to only those in your household.

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

Limit, postpone, or cancel gatherings

- 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 household; wear a mask if outdoors and physical distancing is difficult
- Postpone or cancel gatherings and consider connecting by phone or online



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, even if your symptoms are mild
- Seek assessment and testing at a COVID-19 Assessment Centre in York Region, 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 face mask or covering when inside public space
- Avoid long line-ups
- Sanitize or wash your hands frequently
- 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.