What is physical distancing?

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

- 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

Keep a distance of 2 metres from others when going for walks or shopping for groceries

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