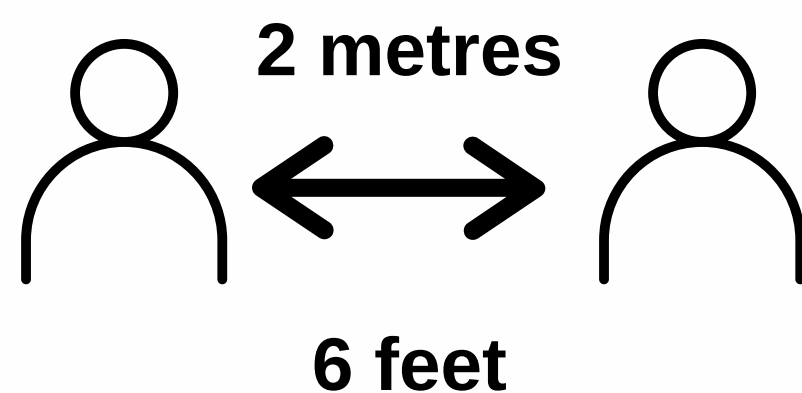


SOCIAL DISTANCING AND COVID-19

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

What does social distancing mean?



This 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 practise social distancing



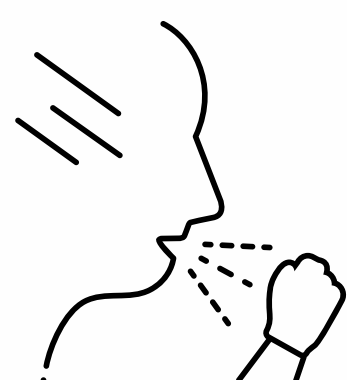
- greet with a wave instead of a handshake, a kiss, or a hug
- stay home, including for meals and entertainment
- enjoy the outdoors but only in small groups and maintain social distance
- do not play any team sports
- shop or take public transportation during off-peak hours
- conduct virtual meetings
- 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 practise 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 the bend of your arm
- avoid touching surfaces people touch often

If you are concerned you may 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 are outside the home when a symptom develops, go home immediately and self-isolate
- use the BCCDC self-assessment tool: covid19.thrive.health/

Call **1-888-COVID-19** or text **604-030-0300** for non-medical COVID-19 questions and **8-1-1** for medical COVID-19 questions. Go to bccdc.ca or interiorhealth.ca for more information.