



## Durham Region Health Department **Facts about...**



# **COVID-19 and Physical Distancing**

Durham Region Health Department is recommending that all residents practice physical distancing to help reduce the spread of novel coronavirus (COVID-19) in the community. Physical distancing means keeping a physical distance from other people and limiting the number of people with whom you come into close contact.

### **Some ways you can practice physical (social) distancing include:**

- Limit close contact with individuals outside your household in indoor and outdoor spaces
- Do not gather in groups and avoid crowded places
- If you need to go out for essential trips (such as to pick up food or medications), stay at least 6 feet or 2 metres from other people.
- Talk to your employer about working from home. Hold virtual or telephone meetings instead of in-person meetings.
- Use technology to keep in touch with friends and family. Hold virtual play dates, use video chat apps and social media, and check in with elderly and vulnerable friends and family.
- Exercise at home or go for walks and bike rides in your neighborhood (only if you can stay at least 2 metres away from other people).
- Keep windows open during essential ride-share or taxi trips.
- Use tap to pay rather than handling money.
- Greet others from a distance with a wave or a nod.

These physical distancing guidelines do not mean you must stay in your home. As long as you do not have [symptoms of COVID-19](#), and you have not been in close contact with anyone who has been sick with the virus, you can still go outside. If you do go outside, protect yourself and your loved ones by keeping a physical distance of at least 2 metres from others, wash your hands often, and avoid touching your face.

**Important: This information does not apply to people who have been told to [self-isolate](#). If you have been told to self-isolate, you must stay home and follow the public health directions you are given.**

### Reference:

Public Health Agency of Canada, Community-based measures to mitigate the spread of coronavirus disease (COVID-19) in Canada, link: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/public-health-measures-mitigate-covid-19.html>

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905-668-2020 or 1-800-841-2729 | [durham.ca/health](http://durham.ca/health)

If you require this information in an accessible format, contact 1-800-841-2729.

