



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



COVID-19 and Social Distancing

What is social distancing?

It is maintaining a distance between you and other people — in this case, at least two meters (six feet).

Durham Region Health Department is recommending that all residents practice social distancing to help stop any transmission of the novel coronavirus (COVID-19) in the community. Social distancing means limiting the number of people you come into close contact.

Social distancing includes, but is not limited to:

- Avoiding gatherings such as parties or other group events
- Avoiding visits to Long-Term Care Homes, Retirement Homes, Supportive Housing, Hospices and other shared care settings unless the visit is absolutely essential
- Avoiding any non-essential trips in the community – e.g. consider take out or delivery options rather than restaurant meals
- Shopping for essential grocery or pharmacy items when stores might be less busy
- Keeping windows open during essential ride-share or taxi trips
- Postponing, limiting, or cancelling group gatherings. All gatherings above 250 people should be cancelled at this time
- Participating in sports and fitness activities outdoors rather than indoors when possible or in settings where it is possible to maintain a 2 metre distance from other people
- Explore options with your supervisor, manager, or employer about the possibility of working from home or working alternate or staggered work hours
- Holding virtual meetings rather than hosting in-person meetings

These social distancing guidelines do not mean you must stay in your home. As long as you are not experiencing symptoms related to COVID-19 and you have not been in close contact with anyone who has been diagnosed with the virus you can still go outside to exercise, walk, go to the park, walk your dog, and to grocery shop or get pharmacy supplies. We simply recommend that while outside you avoid crowds and stay at least 2 metres (6 feet) from those around you.

Important: This information does not apply to people who have been advised to **Self Isolate. If you have been advised to self-isolate, you must stay home and follow the public health directions provided.**

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

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

