What is Physical Distancing?

Physical distancing is one of the most effective strategies to reduce the spread of illness, such as COVID-19, during an outbreak.

Physical distancing means limiting close contact with others by:

- Staying home if you’re sick.
- Avoiding common greetings, such as handshakes and hugs.
- Following gathering limits and rules.
- Limiting contact with people at high risk such as older adults or people with health issues.
- Using online shopping. Only go to stores for essential items such as groceries or pharmacy items when stores are less busy.
- Using virtual options to connect with friends and family.
- Staying home whenever possible, including working from home.

Maintaining at least 2 metres (6 feet) from others as much as possible.

Durham Health Connection Line | 905-668-2020 or 1-800-841-2729
durham.ca/novelcoronavirus

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