What is social distancing?

Social 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
- Avoiding visits to long-term care homes and other care settings
- Working from home, where possible
- Conducting meetings virtually
- Keeping kids away from group settings

Keep a distance of at least 2 metres (6 feet) from others when out in the community.

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.