



HEALTH DEPARTMENT

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



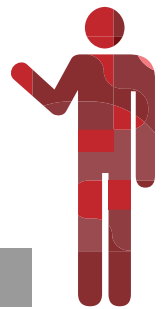
Conducting meetings virtually



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.