



COVID-19 Practicing Physical Distancing

To prevent the spread of COVID-19 and protect your community, KFL&A Public Health encourages residents to stay home, when possible, and reduce their interactions with others. Physical distancing means limiting the number of people you come into close contact with.

The most important thing you can do is stay home when you are sick. You can also:



Cancel large gatherings

Cancel gatherings with more than 50 people, especially with vulnerable residents, including seniors and people with pre-existing health conditions.



Cancel non-essential trips

Consider if outings are necessary.
No parties or playdates.



Limit, postpone or cancel small gatherings

If you can, connect with friends by phone or online.

Keep children away from group settings including indoor playdates with other children.



For essential trips (e.g., groceries, work)

Sanitize or wash your hands when entering and exiting buildings.

Avoid long lineups.

Use tap to pay rather than handling money.

When taking public transit, avoid prolonged close contact with others by travelling during non-peak hours and taking shorter trips.



Go outdoors

Take a walk, go to the park, or walk the dog.

Keep a distance of 2 metres (6 feet) from others.

Greet others with a wave, a bow, or a nod (in place of handshakes or hugs).

After going outside, wash your hands with soap and water for at least 15 seconds, or use an alcohol-based hand sanitizer.



Avoid visits to care facilities

Avoid visits to long-term care homes, retirement homes and other care settings unless it is absolutely essential.



Stay physically active

Go for walks or exercise outdoors.

Do yoga or aerobics at home.



Consider alternative ways to work

Work from home, if possible.

Facilitate virtual meetings (video or teleconferencing).