When out in public, wearing a mask and practicing physical distancing can help you reduce your risk by minimizing contact with others in the community.

It is now mandatory to wear a mask in many indoor public spaces, including common areas of multi-unit residential buildings.

- Wear a mask that securely covers your nose, mouth and chin.
- Avoid overcrowding - limit to 2 people or 1 family. Take the stairs if you can or wait for the next elevator.
- Stand back while waiting for elevator door to open.
- Maintain at least a 2 metre (6 feet) distance from others in the elevator.
- Cough or sneeze into your upper sleeve, not your hand.
- Avoid touching surfaces and push buttons with an object or your elbow.
- Avoid touching your face with unwashed hands.
- Wash your hands with soap and water or use hand sanitizer after leaving the elevator.

For more info on masks and physical distancing, visit: OttawaPublicHealth.ca/Coronavirus

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