Practice physical distancing

**Safe**

- Connect via phone, video chat, or social media instead of in person.
- Take a virtual tour of a museum, take an online class or try a home workout.
- You can go outside* to take a walk or run. While outside, maintain a 2-metre (6 foot) distance - the length of a hockey stick.
  *If you have symptoms of COVID-19, we strongly recommend you get tested and follow self-isolation instructions.

**Do not**

- Make non-essential trips outside of your home.
- Visit elderly friends or relatives unless delivering essential supplies.
- Gather with anyone outside your household.
- Use city parks including playground equipment, sports fields and skate parks.

**Use caution**

- Trips in the community (grocery store, pharmacy).
- Take-out food, curbside pick up and deliveries.
- In busy places (stores, parks, buses) – wear a mask to reduce the risk.

OttawaPublicHealth.ca/PhysicalDistancing