

Remember! Practise physical (social) distancing

Ensure that you keep a 2 metre (six feet) distance from others



Keep a distance of 2m when going out



Avoid large gatherings



Work from home if possible



Avoid visiting elderly friends or relatives



Conduct meetings or visits virtually

In order to decrease transmission of COVID-19 in Ottawa, Ottawa Public Health is now recommending that all residents of Ottawa practise physical (social) distancing. Physical distancing involves taking steps to limit the number of people you come into close contact with. This will help to limit the spread of COVID-19 in the community.

Physical distancing includes, but is not limited to:

- talking to your supervisor, manager, or employer about the possibility of working from home where possible
- avoiding visits to long-term care homes, retirement homes, supportive housing, hospices and other congregations unless the visit is absolutely essential
- avoiding non-essential trips in the community
- keeping the windows down if you have to go into the community for an essential trip via taxi or rideshare
- limiting or cancelling group gatherings
- holding virtual meetings
- spending time outside and in settings where people can maintain a 2 metre (6 feet) distance from each other

Please note: that these guidelines are not meant to say “you must stay in your home!”

You can still go outside to take a walk, go to the park, or walk your dog. If you need groceries, go to the store. We simply recommend that while outside you make sure to avoid crowds and maintain a distance of 2 metres (6 feet) from those around you.

Remember: While you may not feel sick, and while we know these measures are an inconvenience, please be mindful of the members of our community who are more vulnerable to COVID-19 than others. We are all in this together.

Take care of yourself

It's OK to NOT be Ok. Please know that help is available, and we encourage you to reach out to Distress Centre of Ottawa to connect with someone at 613-238-3311.

For more information, visit OttawaPublicHealth.ca/Coronavirus

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