Practise physical (social) distancing

**AVOID**
- Playdates
- House parties
- Sleepovers
- Group hangouts
- Weddings

**USE CAUTION**
- Grocery stores
- Takeout food
- Picking up medications

**SAFE**
- Watch movie at home
- Read a book
- Listen to music
- Games night at home
- Video chat
- Take an online class
- Virtual tour a museum
- Cook
- Go for a walk or hike*

* We recommend avoiding crowds and maintaining a distance of 2 metres (6 feet) from those around you.

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.

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.

We are all in this together. For more information, visit: OttawaPublicHealth.ca/PhysicalDistancing

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