

## Remember! Practice physical distancing

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



Keep a distance of 2m (6 feet) when going out



Avoid large gatherings



Work from home if possible



Avoid visiting elderly friends or relatives



Conduct meetings or visits virtually



Limit contacts to household members

In order to decrease transmission of COVID-19 in Ottawa, Ottawa Public Health is now recommending that all residents of Ottawa practice physical 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. Household contacts (people you live with) do not need to distance from each other unless they are sick, or have travelled within the past 14 days.

### 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
- cancelling ALL group gatherings
- connecting via phone, video chat, or social media instead of in-person.

You can go outside (for example- to take a walk or kick a ball with members of your household, who are already close contacts). While outside, avoid crowds and maintain a distance of two metres (six feet) from those around you. Make an effort to step-aside, or pass others quickly and courteously on sidewalks. Passing someone on the sidewalk is not considered close contact or a significant risk for exposure to COVID-19.

If you need groceries, go to the store. We simply recommend that while at the store you make sure to avoid crowds and maintain a distance of 2 metres (6 feet) from those around you.

*Please note:* You must not leave your home if you have respiratory symptoms (such as fever or cough).

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 the Distress Centre of Ottawa to connect with someone at 613-238-3311.

For more information, visit [OttawaPublicHealth.ca/Coronavirus](https://OttawaPublicHealth.ca/Coronavirus)

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