

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