

SOCIAL DISTANCING- WHAT DOES IT MEAN?

AVOID	USE CAUTION WHEN YOU...	SAFE TO DO
<ul style="list-style-type: none"> • Group Gatherings • Sleep Overs • Playdates • Concerts • Theatre Outings • Athletics events • Crowded retail stores • Malls • Work outs in the gym • Non-essential workers or visitors to your house • Mass Transit Systems • Aeroplane travel as much as possible 	<ul style="list-style-type: none"> • Visit a local restaurant • Visit grocery Store • Get take outs • Pick up medications • Visit the library • Go to church services • Go for a play or sport in an open field • Travel locally 	<ul style="list-style-type: none"> • Talk a walk • Go for a hike • Play in your garden • Go for a drive • Do home-based family activities • Check briefly on an elderly neighbour if you are well