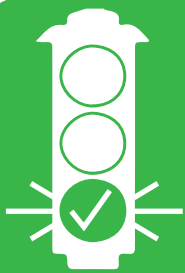


PHYSICAL DISTANCING

for families

The Provincial Health Officer is calling for physical distancing to reduce the risk of spreading COVID-19 and making one another sick.

There is still lots of fun to be had at home and outside!



GREEN LIGHT

SAFE to do

- ✓ Take a walk, jog, or go for a hike
- ✓ Ride your bike
- ✓ Garden and/or play in your yard
- ✓ Read a book
- ✓ Listen to music
- ✓ Get your groceries delivered
- ✓ Cook a meal
- ✓ Group video chats
- ✓ Play games and/or watch a show at home



YELLOW LIGHT

use CAUTION

- ⋯ Visiting grocery stores
- ⋯ Picking up medications
- ⋯ Getting take-out
- ⋯ Playing solo sports outdoors
- ⋯ Playing sports outside with your family/household



RED LIGHT

AVOID

- ✗ Sleepovers
- ✗ Playdates
- ✗ Group gatherings, outings, or events
- ✗ Communal playgrounds
- ✗ Crowded retail stores
- ✗ Workouts in gyms
- ✗ Visitors in your home
- ✗ Non-essential workers in your home
- ✗ Peak transit time