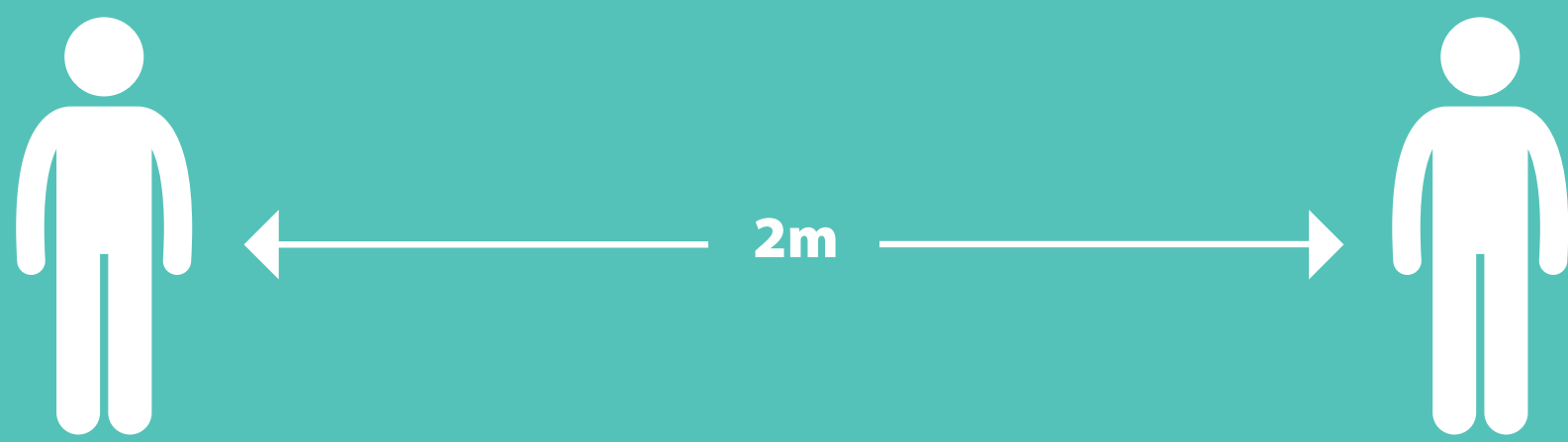
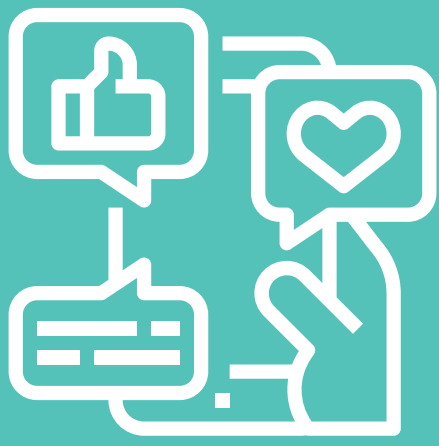


# SOCIAL DISTANCING 101

Social distancing is a way all of us can help slow the spread of an infectious disease like COVID-19. It involves taking steps to limit physical contact with others in the community by staying away from crowded places where a virus can easily spread. Even if you are not sick, you are required to keep about two metres (six foot) from one another when you can outside. Please stay home as much as possible!



**This doesn't mean you need to distance yourself from others emotionally.** Reach out to friends, family and community members through social media, phone calls, texting, and video chat to stay connected.



## THINGS YOU CAN DO AT HOME



Work out at home



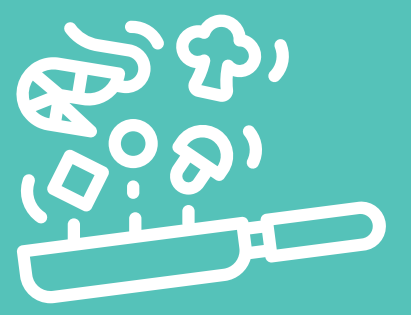
Read a good book



Listen to music



Clean your room or home



Bake or cook a meal



Watch YouTube or stream a show



Get Creative with arts and crafts



Take a nap



Order takeout



Study or learn something new

*Do something for yourself!*