

COVID-19 (Coronavirus)

Social Distancing:

Social distancing is a way to prevent and reduce the spread of infection like influenza and COVID-19. Social distancing means putting space between yourself and others. It means maintaining a distance of at least one metre (three feet) from others and avoiding mass gatherings and other events and places where people gather. Our actions can make all the difference.

Red light – Avoid/Don't do

- All gatherings of religious, commercial, official or personal nature involving a large crowd (e.g. market/mall, cinema, meeting/conference, wedding, party/picnic, gym/yoga, dancing etc.)
- Social visitors in your home
- Non-essential workers in your house
- Non-essential visitors in the workplace
- Non-essential travel in public transportation

Yellow Light – Do with Caution

- Attend private gatherings limited to a few family members or known friends
- Essential travel in public transport
- Travel in a private transport
- Visit a local restaurant sitting at least one metre apart - whenever possible choose the open-air type or get take-out instead
- Shop in a grocery store or supermarket without a crowd
- Pick up medicines from the pharmacy without a crowd
- Play sports in the open air with family or a few known friends

Green Light – Safe to Do

- Take a walk or jog in open park or stadium
- Cycle
- Play in the home garden, or go for a drive with family
- Read a book or listen to music in private
- Play games or watch TV/movie at home
- Home cooking and meals at home

