

COVID-19 (Coronavirus)

Physical Distancing:

Physical distancing is a way to prevent and reduce the spread of infection like influenza and COVID-19. Physical distancing means putting space between yourself and others. It means maintaining a distance of at least two metres (six feet) from others and avoiding mass gatherings and other events and places where people gather. Our actions can make all the difference. **Remember:** Wash your hands every time you go out in public, while in public and return home. Wear your mask in a public settings.

Red Light – High Risk for exposure - AVOID/DON'T DO

- Groups of more than 10
- 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 – Medium Risk for exposure – Do with caution

- Limited number of gathering, no more than ten people (preferably the same ten people).
- Boating with maximum of 10 people with physical distancing required
- Essential travel in public transport
- Travel in a private transport
- Visit a local restaurant with outdoor dining and sit at least six feet (2 metres) apart
- Shop in a grocery or retail store
- Pick up medicines from the pharmacy without a crowd
- Play non-contact sports in the open air with family or a few known friends
- Use of playground and outdoor gym equipment is permitted, however, anyone using this equipment should sanitize equipment, prior to use
- Visit beauty salons and barbers for limited services and following Public Health requirements

Green Light – Safe to Do

- Working from home where reasonably practicable
- 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
- Virtual (Zoom) meetings for birthdays, anniversaries, family game nights and baby showers)

