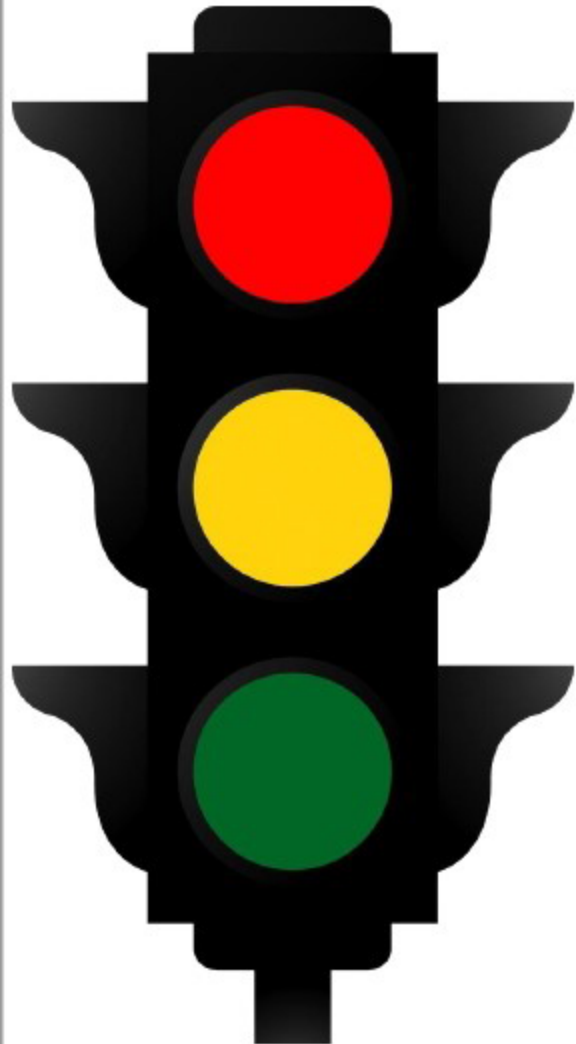


SOCIAL DISTANCING AND SELF-ISOLATION

What's the Difference?



Social Distancing

Who it's for: Seemingly healthy people who have not been exposed to the virus.

What it's for: To prevent the spread of the virus by limiting the number of people you come into close contact with.

What it means: Go about your day but avoid crowded places and increase your personal space from others, whenever possible.

How long it's for: Until further notice

Self-Isolation

Who it's for: People who have travelled outside of the country, who think they have the virus or have tested positive for the virus.

What it's for: To help prevent the spread of disease in your home and in your community.

What it means: Avoid contact with other people. Stay at home and monitor your symptoms, even if mild.

How long it's for: 14 days minimum.

Red Light (Don't Do)

- Large group gatherings of any nature (20+ people)
- Playdates or sleep overs
- Crowded stores and malls
- Social visitors in your home
- Non-essential workers in your home
- Non-essential travel

- Do not leave your house aside from emergencies
- No direct contact with anyone, including family
- Do not go to work, school or other public places

Yellow Light (Do with Caution)

- If you must attend a small group event, keep your social distance (2 meters)
- Visiting grocery stores and pharmacies (go during off-peak hours or place your order online or over the phone)
- Picking up take out at restaurants
- Essential travel

- If you live with others and must come in contact with them, maintain a 2 meter distance from them and wear a mask that covers your mouth and nose (or ask them to wear a mask if you don't have one)

Green Light (Safe to Do)

- Spend time outside while staying 2 meters away from people (go for a walk, go for a hike, play in your yard, etc.)
- If possible, work from home
- Have virtual or phone meetings
- Order take out
- Read a book, listen to music, watch TV, play board games, cook a meal, etc.
- Video chat, text or email with family and friends
- Check on a friend or neighbor (without having direct contact with them)

- Have friends/family/delivery services drop off supplies but don't touch or talk to them
- If you live with others, stay in a separate room as much as possible and use a separate bathroom if you have one
- Keep away from older adults, people with chronic medical conditions, and people with compromised immune systems
- If possible, and if you feel well enough, work from home
- Spend time in your yard (alone)
- Read a book, listen to music, watch TV, play online games
- Video chat, text or email with family and friends