



First Nations Health Authority
Health through wellness

Physical Distancing

THE DO'S & DON'TS

Physical distancing is the practice of reducing close contact between people to slow the spread of infections and viruses. For COVID-19, the following physical distancing actions are recommended: stay two metres (six feet) away from other people, avoid groups of people, and cancel social gatherings. Physical distancing also means we cannot use our usual social greetings, such as handshakes, hugs and kisses.



AVOID

USE CAUTION

SAFE TO DO

Group Gatherings
Sleep-overs
Playdates
Concerts
Theatre Outings
Athletic Events
Crowded Retail Stores
Malls
Workouts in Gyms
Visitors in Your Home
Non-essential Workers
in Your Home
Mass Transit Systems

Visiting a Grocery Store
Getting Take-out
Picking up Medications

Take a Walk
Go for a Hike
Yard Work
Play in the Yard
Clean out a Closet
Read a Good Book
Listen to Music
Cook a Meal
Family Game Night
Go for a Drive
Group Video Chat
Stream a Favourite Show
Phone a Friend
Phone an Elderly Neighbour