

# Social Distancing

## Why is social distancing important?

Together, we can slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other. Social distancing is proven to be **one of the most effective ways** to reduce the spread of COVID-19. With patience and cooperation, we can all do our part to slow the virus and save lives.

## What does social distancing mean?

This means making changes in your everyday routines to minimize close contact with others, including:

- keeping a distance of at least 2 metres from others;
- staying away from crowded places and gatherings; and
- staying away from people at higher risk (e.g., older adults and those in poor health).

## How can I practice social distancing?

- Stay home as much as possible, including for meals and entertainment.
- Greet with a wave instead of a handshake, a kiss or a hug.
- Shop for essentials during off-peak hours (e.g., late at night or early morning) or shop online.
- Host meetings and playdates for your children online (e.g., Skype or FaceTime)
- Use technology to keep in touch with friends and family.
- Exercise at home or outside.
- Work from home.
- Use food delivery services or online shopping.



## Can children still get together with friends?

No. For now, people should not go to places like movie theaters or restaurants, or attend group events, sports activities, and even playdates. Youth should absolutely not socialize in cars with friends.

Being away from friends, extended family, and social activities can be hard on children and youth. To help them stay connected, you might set up virtual visits or playdates. You also can plan family activities for children like taking a walk, a hike or riding bikes. These are great ways to get out and get active without having physical contact with others. If you go to parks, keep children off playground equipment.

## How can I be social?

The official phrase is “social distancing,” but it can help to think of it as “physical distancing” instead. We can still be social, just in different ways. Take advantage of social media and video apps to support each other, laugh together, and take care of each other until the virus is under control. We’re all in this together!



## References

Public Health Agency of Canada: [canada.ca/en/public-health/services/publications/diseases-conditions/social-distancing.html](https://canada.ca/en/public-health/services/publications/diseases-conditions/social-distancing.html)

Kids Health: [kidshealth.org/en/parents/coronavirus-social-distancing.html](https://kidshealth.org/en/parents/coronavirus-social-distancing.html)