

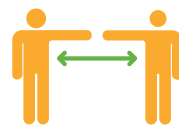
DO YOUR PART, STAY APART

How to stay at home and practice physical distancing?

Physical distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. Here are some tips you should follow:



If you're sick, stay home



Stay two metres away from others



Do not gather in groups to socialize



Work from home if you can



Play games with others online and through apps



Have virtual hangouts with friends and family

How to support seniors, neighbours and family while keeping your distance?



Check-in regularly, especially if they are seniors, even to say hello while maintaining distance



Not close with your neighbour? Leave them a note with your phone number



Offer to pick up some extra groceries



Go for a (well-spaced) walk around a quiet neighbourhood with family or those in your household



To learn more visit www.vch.ca/COVID19 and follow @vchhealthcare on social.

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