

## Physical Distancing

Physical distancing means limiting close contact with others. When outside of your home, practise physical distancing by staying two metres or six feet away from others to reduce the spread of COVID-19. We all have a role to play. The actions we take will help protect everyone in our community.

### Remember

- Stay at home when you are sick, even if your symptoms are mild.
- Stay within your social circle of 10 family members or friends.
- Avoid crowded places, playgrounds, play dates, or gathering at the beach.
- Wash your hands often, and avoid touching your face with unwashed hands.
- Cough or sneeze into your elbow or sleeve.
- Greet others from a distance with a smile, nod or wave.
- Practise self-care, and check-in with family, friends and vulnerable neighbours.
- Wear a non-medical mask or face covering in indoor public spaces.
- You still need to practice physical distancing when wearing a mask or face covering.

### Safer spaces

- Continue to work from home, when possible.
- Go out with your social circle for fresh air, exercise and outdoor play.
- Shop and bank online, or shop during off peak hours or use curbside pickup.
- Connect virtually with others for coffee chats, selfies, funny videos and special events.
- If home is not safe for you, reach out for [help](#).

### Residents of multi-unit buildings

- Limit your time in common areas and wear a mask or face covering
- Limit the number of people in elevators to keep two metres (six feet) apart, when possible
- Wear a mask or face covering and use your elbow to push buttons in elevators
- For shared laundry areas:
  - Choose a time when it is less busy and keep two metres (six feet) from others
  - Sort and fold clothes at home
  - Wash your hands when you return home
  - Wear a mask or face covering

### Exercise and outdoor play

- Go out regularly for fresh air, exercise or gardening.
- Take your children outdoors to play. Bring your own toys and sports equipment.
- Do not arrange play dates or gatherings at the park or beach outside of your social circle.
- Check the City of Toronto website on safe [use of parks and recreational facilities](#).

**Transit**

- Do not use transit if you are sick or self-isolating.
- Wear a mask or face covering; it is required under a TTC bylaw.
- Avoid travel during peak hours, when possible.
- Use your elbow/arm to push buttons/open doors.
- Wash or sanitize (70-90% alcohol concentration) your hands often, and avoid touching your face.
- When using taxi and ride share, sit in the back, wear a mask and keep the windows open.
- Wash or sanitizer your hands when you reach your destination.

**Shopping**

- Have a list to keep trips short.
- Limit to one household member when shopping.
- Avoid crowded stores, and go back when it is less busy.
- Use tap to pay rather than handling cash.
- Wash or sanitize your hands often, and when you return home.

Wearing a [mask or face covering](#) in indoor public spaces can help prevent the spread of COVID-19. It is also a requirement under the [mandatory mask or face covering bylaw](#) in Toronto. This bylaw applies to indoor public spaces, such as stores, mall, restaurants, library, galleries, hair salons and places of worship. Be respectful of others who cannot wear a mask. Some conditions make breathing through a mask difficult.

Consider downloading Health Canada's [COVID Alert](#) app so you can be notified directly if you have been in close contact with someone who was contagious with COVID-19.

**More information**

For more information, visit our website at [toronto.ca/COVID19](https://toronto.ca/COVID19) or call us at 416-338-7600.