

SOCIAL DISTANCING

What is social distancing?

Social distancing is a strategy to limit the spread of COVID-19. This is a conscious effort to reduce physical contact between people to slow down the spread of the virus. Even if you are symptom free and not part of an at-risk group, you still need to change your lifestyle starting today,

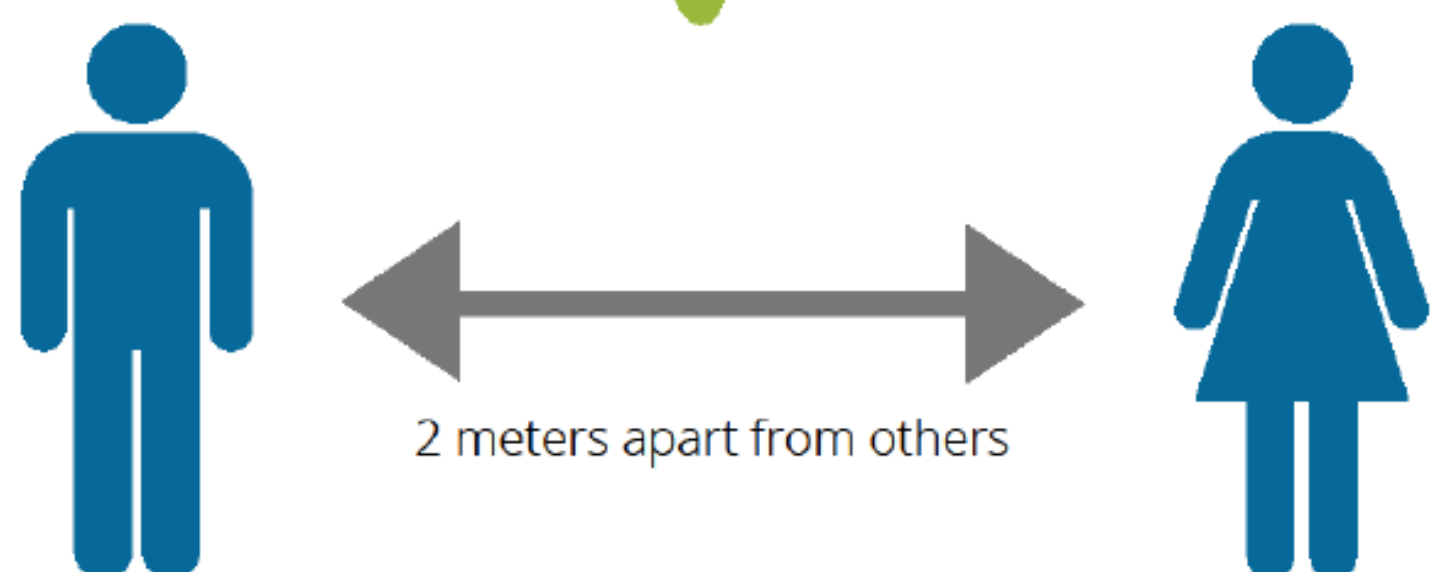


AVOID

handshakes,
hugging and
kissing

DO

keep your social
distance and
remember to wash
your hands!



For more information, visit gov.nu.ca/health
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