

PHYSICAL DISTANCING vs SELF-ISOLATION FOR COVID-19

PHYSICAL DISTANCING

aka Social Distancing



SELF-ISOLATION

WHAT DOES IT MEAN?



Limiting close contact with other people

This prevents healthy people from getting COVID-19 in the community.



Staying at home and away from all other people, household members included

This ensures that people with COVID-19 will not infect others.

WHO SHOULD DO THIS?

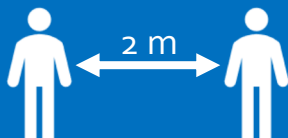
You have **no symptoms** AND **no known exposure** to COVID-19

Everyone should be doing this.

- 1) You have **fever, cough, or other symptoms**
- 2) Returned **travellers** from outside Canada
- 3) Anyone **diagnosed with COVID-19**
- 4) You were **exposed** to a person diagnosed with COVID-19

HOW DO I DO THIS?

- Stay home **as much as possible**
- Keep **2 m** apart from others when outside your home
- **Work from home**
- **Avoid non-essential gatherings** (such as visiting friends, playing team sports)
- **Keep your hands to yourself** when possible



- **Stay home the whole time** you self-isolate
- **Live in a separate room** away from other people and use a different bathroom
- **Avoid face-to-face** contact with others
- **Do not go to school, work, or public places**
- **Do not share personal items**
- **Use a mask** when you leave your room



These measures prevent COVID-19 from spreading between individuals and in our communities

Remember to cough & sneeze into your elbow or tissue and perform regular hand hygiene with soap & water or hand sanitizer!