



First Nations Health Authority  
Health through wellness

# Physical Distancing

## THE DO'S & DON'TS

Physical distancing is the practice of reducing close contact between people to slow the spread of infections and viruses. For COVID-19, the following physical distancing actions are recommended: stay two metres (six feet) away from other people, avoid groups of people, and cancel social gatherings. Physical distancing also means we cannot use our usual social greetings, such as handshakes, hugs and kisses.



**AVOID**

**USE CAUTION**

**SAFE TO DO**

Group Gatherings  
Sleep-overs  
Playdates  
Concerts  
Theatre Outings  
Athletic Events  
Crowded Retail Stores  
Malls  
Workouts in Gyms  
Visitors in Your Home  
Non-essential Workers  
in Your Home  
Mass Transit Systems

Visiting a Grocery Store  
Getting Take-out  
Picking up Medications

Take a Walk  
Go for a Hike  
Yard Work  
Play in the Yard  
Clean out a Closet  
Read a Good Book  
Listen to Music  
Cook a Meal  
Family Game Night  
Go for a Drive  
Group Video Chat  
Stream a Favourite Show  
Phone a Friend  
Phone an Elderly Neighbour