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.