

What is social distancing?

Social distancing means avoiding contact with others to prevent the spread of COVID-19 and can include:



Avoiding non-essential trips in the community



Limiting, postponing or cancelling gatherings



Working from home where possible



Conduct meetings virtually



Keeping kids away from group settings



Avoiding visits to long-term care homes and other care settings

Keep a distance of 2 metres from others when going for walks or shopping for groceries.



**Lambton
Public Health**

Get the latest COVID-19 updates at:
LambtonPublicHealth.ca