

for Families

SOCIAL DISTANCING

The Provincial Health Officer is calling for social distancing to reduce the risk of spreading COVID-19 and making one another sick. There is still lots of fun to be had at home and outside.



GREEN LIGHT
Safe to do

- Take a walk, jog, or go for a hike
- Ride your bike
- Garden and/or play in your yard
- Read a book
- Listen to music
- Get your groceries delivered
- Cook a meal
- Group video chats
- Play games and/or watch a show at home



YELLOW LIGHT
Use caution

- Visiting grocery stores
- Picking up medications
- Getting take out
- Playing solo sports outdoors
- Playing sports outside with your family/household



RED LIGHT
Avoid

- Sleepovers
- Playdates
- Group gatherings, outings, or events
- Communal playgrounds
- Crowded retail stores
- Workouts in gyms
- Visitors in your home
- Non-essential workers in your home
- Peak transit time

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