

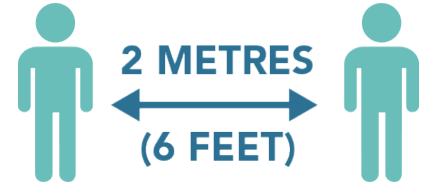
# COVID-19

## NOVEL CORONAVIRUS



Manitoba 

## What does social (physical) distancing look like?



### Safe to do

- Spending time with household members (so long as they are not sick or have not returned to Manitoba in the past 14 days when they should be self-isolating)
- Outdoor physical activity (e.g. walking, running, biking, hiking) on your own or with your household members
- Gardening, yard work and general household maintenance
- Play in your yard
- Get groceries and other goods delivered
- Use technology to chat with family and friends
- Play games (e.g., board games, video games) at home
- Listen to music, read a book
- Cook a meal



### Use Caution and Consider the Situation

- Visiting grocery stores (Where possible, shop for groceries once a week and have one household member do the shopping)
- Picking up medication
- Getting take-out



### Avoid

- Play dates
- Sleepovers
- Group gatherings, outings or events (e.g., birthday and dinner parties, celebrations, weddings, funerals, religious services, team sports)
- Visiting crowded stores or outdoor spaces
- Having visitors in your home
- Having non-essential workers in your home
- Driving with friends in a car
- Peak transit times

