Staying safe and healthy is our goal as we plan for the future of our staff, students, and families.
SOCIAL DISTANCING
Basics

AVOID
- Group Gatherings
- Sleep Overs
- Playdates
- Concerts

USE CAUTION
- Visiting Local Restaurants
- Visiting Grocery Store
- Church Services
- Picking Up Medications

SAFE
- Take a Walk
- Yard Work
- Cook a Meal
- Check on Elderly Neighbour
SOCIAL DISTANCING
Effects of Those Exposed to COVID-19

- **Normal behavior**
  - 1 Person Infects
  - 2.5 People
  - 406 People

- **50 % less Contact**
  - 1 Person Infects
  - 1.25 People
  - 15 People

- **75 % less Contact**
  - 1 Person Infects
  - 0.625 People
  - 2.5 People
Social distancing is an effective tool for preventing the spread of disease. It can include large-scale measures, as well as personal decisions. When possible, keep 6 feet between you and others when you are out.

Avoid

- Group gatherings
- Sleep overs
- Outings
- Crowded stores
- Visitors in your house
- Non-essential workers in your house
- Workouts in gyms

Use Caution

- Visit local restaurant
- Visit grocery store
- Pick up medication
- Play solo sports

Safe

- Play in your yard
- Clean your home
- Read a good book
- Listen to music
- Family game night
- Group video chat
- Stream a show
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<thead>
<tr>
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<tbody>
<tr>
<td>1</td>
<td>Avoid in-person meetings. Use online conferencing, email or the phone when possible, even when people are in the same building.</td>
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<td>2</td>
<td>Unavoidable in-person meetings should be short, in a large meeting room where people can sit at least three feet from each other; avoid shaking hands.</td>
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<td>3</td>
<td>Eliminate unnecessary travel and cancel or postpone nonessential meetings, gatherings, workshops and training sessions.</td>
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<td>4</td>
<td>Do not congregate in work rooms, pantries, copier rooms or other areas where people socialize. Keep six feet apart when possible.</td>
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<td>5</td>
<td>Bring lunch and eat at your desk or away from others (avoid lunchrooms and crowded restaurants).</td>
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<td>6</td>
<td>Avoid public transportation (walk, cycle, drive a car) or go early or late to avoid rush-hour crowding on public transportation.</td>
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<td>7</td>
<td>Limit recreational or other leisure classes, meetings, activities, etc., where close contact with others is likely.</td>
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SOCIAL DISTANCING

- No Handshakes or Hugs
- Keep your Distance (about 6 feet)
- Work Remotely
- Avoid Crowds
- Stay at Home
- Wash your Hands
SOCIAL DISTANCING

- **Advised**
  - For anyone aged 0-69
- **Strongly Advised**
  - Anyone 70+
  - Those with an underlying health condition
  - Pregnant women
- **Visits from friends & family**
- **Use less public transport**
- **Socializing outside home**
SOCIAL DISTANCING

Avoid non-essential travel.

Avoid places where large groups of people

Limit any gatherings that include high-risk individuals
SOCIAL DISTANCING

- No handshakes, hugs or kisses unless you live together
- Don’t go to restaurants, bars, parties
- Stay two meters apart where possible (trains, in meetings etc.)
- Children may have to avoid grandparents for a while
- Keep in touch with one another
- If unwell, isolate yourself and family
SOCIAL DISTANCING

- Avoid social gatherings, theatres etc.
- Cancel non-essential travel for few days.
- Explore work from home opportunity.
- Consider distance learning or e-learning.
- Stay home when sick and limit visitors.
- Limit large work-gatherings like meeting and training.
- Consider staggering work schedules at offices.
- Stay abreast with developments related to the epidemic.