



# Practise physical (social) distancing



## AVOID

- Playdates
- House parties
- Sleepovers
- Group hangouts
- Weddings
- Visiting



## USE CAUTION

Minimize these essential trips:

- Grocery stores
- Takeout food
- Picking up medications



## SAFE

- Watch movie at home
- Read a book
- Listen to music
- Games night at home
- Video chat
- Take an online class
- Virtual tour a museum
- Cook
- Go for a walk or hike\*

\* We recommend avoiding crowds and maintaining a distance of 2 metres (6 feet) from those around you. No groups should be larger than 10 people

While you may not feel sick, and while we know these measures are inconvenience, please be mindful of the members of our community who are more vulnerable to COVID-19 than others.

If you have any symptoms at all, please stay home.

Take care of yourself. It's OK to NOT be OK. Please know that help is available, and we encourage you to reach out to your local CMHA, or access mental health supports online like [www.BigWhiteWall.com](http://www.BigWhiteWall.com) or [www.BounceBackOntario.ca](http://www.BounceBackOntario.ca). We are all in this together.

For more information, visit: [www.timiskaminghu.com](http://www.timiskaminghu.com)

