



Safe activities during COVID-19



AVOID

- Playdates
- House parties
- Sleepovers
- Group hangouts
- Indoor visits
- Group meals



USE CAUTION DURING THESE ESSENTIAL TRIPS

- Grocery stores
- Takeout food
- Picking up medications
- Assisting others
- Going outside for your
physical and mental health



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 physically-
distanced walk

These measures will help our community stop the spread of COVID-19 and will help protect vulnerable individuals.

If you have any symptoms, even minor ones, 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 or www.BounceBackOntario.ca. We are all in this together.

For more information, visit www.timiskaminghu.com

