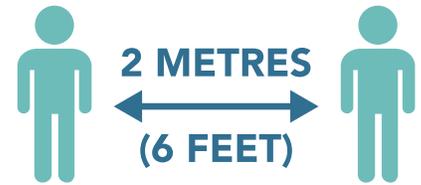


COVID-19

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)



- Visiting a park as long as physical distancing with non-household members is maintained
- Getting groceries and other goods delivered including take out
- Using technology to chat with family and friends
- Sitting at a bonfire with your neighbors as long as physical distancing with non-household members is maintained



Use Caution and Consider the Situation

- Spending time with extended family members and friends* (if they are not sick or have not returned to Manitoba in the past 14 days when they should be self-isolating)
- Attending group gatherings, outings or events*
- Going to playdates*
- Visiting grocery stores, retail outlets, pharmacies
- Visiting restaurants or patios with extended family members or friends
- Visiting a library, community centre or public gathering place

*Where possible, move your gatherings, activities or events outdoors



Reduce the Risk



- Stay home if you are sick, even if you only feel a little unwell.
- When you are with others outside your household, gather in outdoor settings where possible, and maintain physical distancing except for brief exchanges.
- Limit the number of people that you come in contact with at this time to continue to reduce the spread of COVID-19.
- Avoid sharing personal items such as food or drinks.
- Practice proper cough etiquette.
- Practice proper hand hygiene.