Practice physical distancing!

**Safe**

- Connect via phone, video chat, or social media instead of in person.
- Take a virtual tour of a museum, take an online class or try a home workout.
- You can go outside to take a walk or run. You must not leave your home if you have respiratory symptoms (such as fever or cough). While outside, maintain a 2 metre distance — the length of a hockey stick.

**Do not**

- Make non-essential trips outside of your home.
- Gather with anyone outside your household.
- Visit elderly friends or relatives unless delivering essential supplies.
- Use city parks including playground equipment, sports fields and skate parks.

**Use caution**

- Trips in the community (grocery store, pharmacy).
- Take-out food, curbside pick up and deliveries.

OttawaPublicHealth.ca/PhysicalDistancing