

# What is physical distancing?

Physical distancing means avoiding close contact with others to prevent the spread of COVID-19 and can include:



Avoiding non-essential trips in the community



Limiting, postponing or cancelling gatherings



Working from home, where possible



Conducting meetings virtually



Keeping kids away from group settings



Avoiding visits to long-term care homes and other care settings

**Keep a distance of 2 metres from others when going for walks or shopping for groceries**



Region of Waterloo  
PUBLIC HEALTH AND  
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