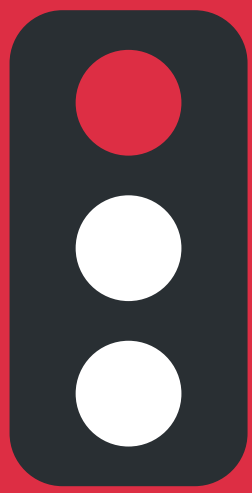


social distancing

FOR CHINOOK FAMILIES

Social distancing means avoiding close contact with others to prevent the spread of COVID-19.



avoid

Playdates
Sleepovers
Group gatherings, outings or events
Church services
Concerts, sporting events, theatre
Non-essential travel
Playgrounds
Group hangouts
House parties
Restaurants and bars
Weddings
Crowded retail stores
Gyms
Visitors in your home
Non-essential workers in your home



use caution

Grocery stores
Take-out food
Pick up medications
Activities and sports outdoors alone or with members of your household
Help someone in need or in self-isolation with essentials, groceries or medication - drop off at door

**Wash hands or use hand sanitizer before and after, maintain at least 2 metres space from others*



safe to do

Go outside for a walk, run or hike
Ride your bike
Gardening and yardwork
Play in your yard
Essentials, groceries or medication delivered to your door
Group video chats
Work from home
Read a book
Listen to music
Play games with family
Cook or bake

**Maintain space from others outside of your household, wipe down objects and wash hands after touching packaging*