



# Social Distancing

The Chief Public Health Officer of the Northwest Territories recommends social distancing to prevent the spread of COVID-19.

Social distancing means limiting the amount of people you come into contact with, which lowers the risk of passing or catching the virus.

## AVOID

- Schools
- Playdates
- Public Transit
- Sports events
- Craft groups and circles
- Public workout rooms
- Social gatherings
- Daycares
- Visitors and workers in your home
- Public offices and businesses
- Community centres, feasts, and events

- Sharing meals with family
- Picking up medication
- Grocery stores
- Church services
- Dropping off supplies to others
- Travelling between communities
- Take out orders from restaurants
- Restaurants and coffee shops

## BE CAREFUL WITH

## SAFE!

- Cooking your own food
- Going for a walk or hike
- Playing in your yard
- Playing with your pets
- MMOs
- Reading or listening to music
- Netflix and Youtube
- Family game night
- Talking to people from at least 2 meters away
- Group video chats with friends
- Calling your elders to check on them