

# Keeping your distance

**Social distancing** is the best way to help keep COVID-19 from spreading.

Social distancing means **putting space between yourself and other people.**



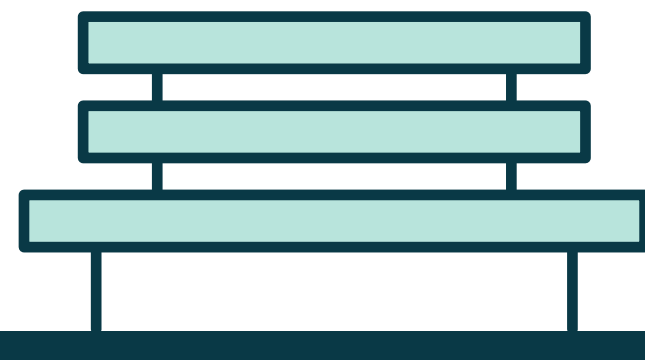
The recommended distance is about **2 metres** or about **6 feet.**



2 metre sticks



**Stay away from any place where people gather** such as parks or other public gathering places.



**It's important for everyone, not just people at risk, to keep their distance.**

**It may be hard for some people such as older kids and teens to do social distancing.**

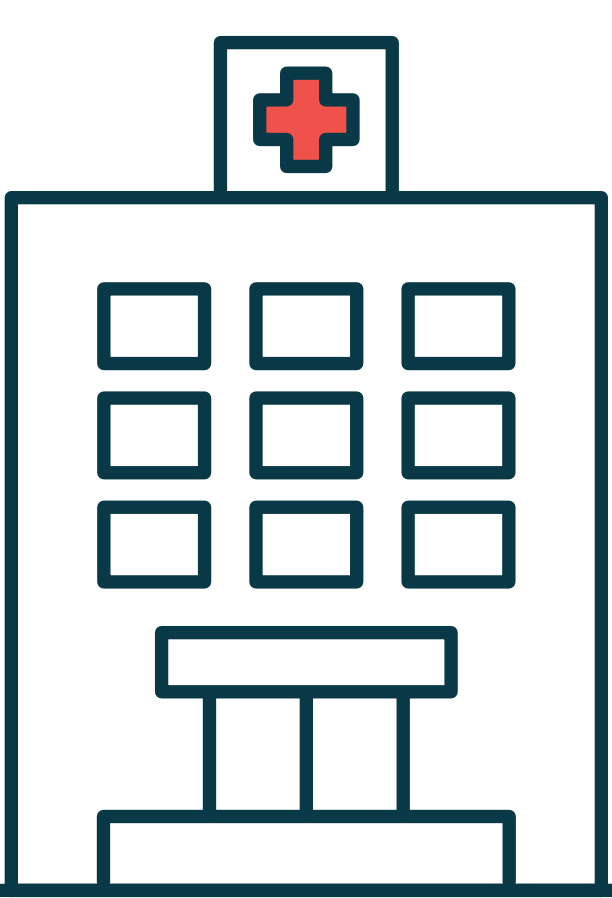
It may help to remind them that they are helping the people you and your family care about.



**You or your child could have COVID-19, but not know it.**



When you're keeping your distance, **you're also helping the whole healthcare system**—from conserving the equipment to protecting the people who are working.



**And be sure to stay informed about what's happening regarding distancing in your area.**



**With care and a little time, you'll get through this.** Be kind to yourself and those around you.