



# Social Distancing Information

There are currently no vaccines available to protect you against COVID-19. But there are things you can do to reduce your risk of getting sick or getting other people sick.

To stop the spread of COVID-19, you must follow all public health orders, including social distancing.

## Social distancing – reduce contact with other people

- Social distancing means limiting your contact with other people and staying 2 metres (6 feet) away from them.
- You should only leave your home when you need to. If you can, choose 1 person from your household to do all your shopping and other errands.
- Social distancing means you should avoid certain places and activities and be careful when you have to go out for essentials. Some activities are still safe.

Avoid	Use caution	Safe
Group gatherings	Grocery stores	Spring cleaning
Visitors in your home	Pharmacies	TV, books, movies at home
Sleepovers, playdates and other social interactions with friends	Gas stations	Sit on your deck or balcony
Public spaces	Essential medical appointments	A walk in your neighbourhood
Parks	Take out restaurants	Yard work
Non-essential travel outside your community	Public transit	Cook a meal
	Essential travel	Call, message, video chat with loved ones



# Staying Healthy Preparation

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## Being prepared for emergencies

- All Nova Scotians should have an emergency kit and basic supplies that you and your household may need for up to 72 hours. Don't panic buy or stockpile.
- Make sure your prescriptions are filled.
- Think about what you'll do if you or someone you live with gets sick and needs care.
- Talk to your employer about working from home if you need to self-isolate or take care of a sick family member.
- Talk to family and friend. Share your emergency plan with them. Check in on each other and run essential errands for each other if one of you gets sick.
- If you get sick, stay home until you have no symptoms.

## Shop safely

- If you can, choose 1 person from your household to do all your shopping.
- Try to minimize the amount of time you spend in a store. If you can, order the groceries and other supplies by phone or online and pick them up curbside at the store.
- If you must go into a store to shop, always practise social distancing.
- Make a list ahead of time.
- Try to visit the store when it's not too busy. Some stores are reserving special hours for seniors and people who may be immunocompromised.
- Clean your hands with hand sanitizer after shopping. Wash them with soap and water as soon as you get home.



# Staying Healthy Habits

There are currently no vaccines available to protect you against COVID-19. But there are things you can do to reduce your risk of getting sick or getting other people sick.

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## Keep your hands clean



### Wash or sanitize hands often, particularly:

- Before and after preparing or eating food
- After touching pets
- After handling waste or dirty laundry or using the bathroom
- Whenever your hands look dirty

Washing your hands with soap and water is best. Rubbing your hands together when you wash them removes visible dirt and germs. Disposable paper towels are best for drying your hands, if you have some. If not, use a reusable towel that gets washed often.

If soap and water aren't available, and your hands aren't visibly dirty, use an alcohol-based hand sanitizer with at least 60% alcohol. Use enough to cover the front and backs of both hands and between all your fingers. Rub your hands together until they feel dry.

## Cough and sneeze etiquette

- Cover coughs and sneezes with a tissue. Throw the tissue in the garbage and wash your hands or use an alcohol-based hand rub immediately.
- If you don't have a tissue, cough and sneeze into your elbow, not your hand.
- Avoid touching your eyes, nose and mouth. If you need to touch your face, wash your hands first.

