

SOCIAL DISTANCING TIPS

When out in public, practicing social distancing can help you reduce your risk by minimizing contact with others in the community.

What is social distancing?

- Social distancing involves taking steps to limit the number of people you come into close contact with.
- This is not the same as social isolation. You do not need to remain indoors, but you do need to avoid being in close contact with people.
- Going for a walk in your neighborhood or park is encouraged as long you maintain distance from others.
- Go out for groceries, medical trips and other essential needs, but try to maintain a distance of at least 2 metres (6 feet or around the length of a bicycle) between yourself and other people.
- In order to minimize the risk of acquiring COVID-19, reduce the number of times you leave your house to perform errands.

Elevator etiquette

- Avoid overcrowding — take the stairs or wait for the next elevator
- Cover your cough
- Avoid touching your face after pushing the button
- Limit the number in an elevator car to 2-3 people
- Wash with soap or sanitize your hands after leaving the elevator

Grocery shopping

- Order online and try to have groceries delivered if possible
- Try to shop at times when there are fewer shoppers (first thing in the morning or late at night)
- Wipe down handle of grocery carts and baskets, and wash or sanitize hands before entering and after leaving the store
- Use self-check out if available

Public transportation

- Cover your cough
- Avoid touching your face after pushing buttons
- Try to maintain as much distance as possible between yourself and other riders
- Sanitize hands on exit

Small social gatherings

- Follow Alberta's recommendations on mass gatherings
- Cancel if household members are seniors or have high-risk medical conditions
- Instead, consider ways of virtually supporting those loved ones who are at high risk and choosing to stay home

If necessary to gather:

- Have hand sanitizer for guests to use when they come over
- Wipe frequently touched areas with Lysol or disinfectant wipes pre- and post-gathering (doorknobs, light switches, bathroom taps, etc.)
- Consider using disposable dishes and utensils

Restaurants, cafes, coffee shops, food courts, and other food-serving facilities

- These establishments are limited to 50% capacity to a maximum of 50 people

If necessary to gather:

- Use hand sanitizer pre- and post-drinks, snacks and meals
- Use utensils (do not use your hands to eat finger food, sandwiches, etc.)
- Maintain distance between patrons
- Use a napkin for pump dispenser condiments (ketchup, etc.)
- Do not eat from open snack dishes (e.g. peanuts, candy).
- Do not share dishes and drinks
- Consider using take-out, drive through or delivery services for food instead