



CENTRE FOR PUBLIC WITNESS

**COVID-19**

KEEP YOUR DISTANCE

## SOCIAL DISTANCING

REDUCE YOUR CLOSE CONTACT WITH PEOPLE  
TO DECREASE THE SPREAD OF DISEASES.

### AVOID

GROUP GATHERINGS  
SLEEP OVERS OR PLAY DATES  
CONCERTS, MOVIES OR THEATERS  
SPORTS EVENTS  
CROWDED RETAIL STORES  
PUBLIC TRANSPORT



### CAUTION

VISITS TO LOCAL  
RESTAURANTS  
GROCERY STORES  
TAKEAWAY FOOD  
PICK-UP MEDICATION  
VISITING LIBRARIES  
MOVIE THEATERS



### SAFE

TAKE A WALK OR GO FOR A HIKE  
GARDENING  
PLAY IN YOUR OWN BACKYARD  
CLEAN YOUR HOME  
READ A GOOD BOOK AND LISTEN TO MUSIC  
COOK A HOME MEAL  
FAMILY DATE NIGHTS AND PLAYING BOARD GAMES  
VIDEO CHATS  
WATCHING A MOVIE  
LOOKING OUT FOR YOUR NEIGHBOUR



KEEP YOUR DISTANCE - SOCIAL DISTANCING

#CORONAVIRUS #COVID19