

COVID-19

PHYSICAL DISTANCING

Dos and Don'ts

To help flatten the curve and stop the spread of COVID-19, Clarington is providing the following guide to physical distancing:

- Stay at home as much as possible.
- Only leave to get essential items such as groceries or medication.
 - Try to limit trips to the grocery store to once per week.
 - Make a list at home to keep track of which items you need.
 - When possible, send only one family member to the store for shopping.
 - Order online whenever possible.
- Outdoor fitness/health breaks are allowed; follow these general rules:
 - Only take fitness breaks outdoors when necessary.
 - Use your backyard, if you have one, as much as possible.
 - If you go out to an open space, limit your time.
 - You must maintain physical distancing of at least two metres from others at all times.



STOP

All municipal playgrounds, sports fields, basketball and tennis courts, leash-free dog parks, benches, skateboard parks, picnic areas, community gardens and park shelters are closed.

- **DO NOT** go to popular destination spots.
- If you are walking or cycling, avoid other people by moving to the side to allow room for others or cross the street and use the other sidewalk.
- Use your best judgment and avoid going to places that may put your health and safety at risk. By protecting your health, you're also helping to protect the health of others in our community.
- Individuals found gathering in groups of more than five people may be charged.

Clarington and Durham Regional Police Services are enforcing Provincial emergency orders. Report non-compliance at www.drps.ca under Online Services – Community Concerns or call 1-888-579-1520 ext. 5802.