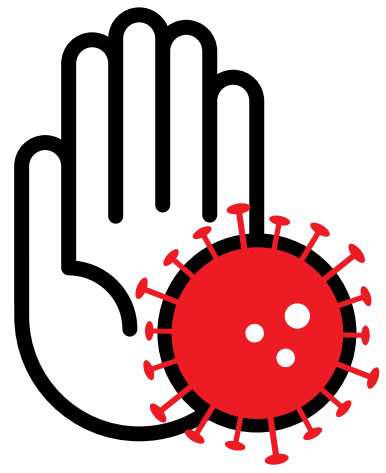


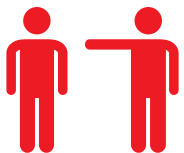
# A DRIVERCHECK GUIDE TO SOCIAL (PHYSICAL) DISTANCING



Together, we can slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other. Social (physical) distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. With patience and cooperation, we can all do our part.

	SELF-MONITOR		Isolate
	Social (physical) distancing	Quarantine (mandatory) Self-Isolate (voluntary)	
Have you been exposed?	Maybe	Yes	Yes
Are you showing symptoms?	No	No	Yes
Who are you protecting?	Yourself & others	Yourself & others	Others
How long does this last?*	<b>For now</b>  Go about your day, but avoid crowded places and increase your personal space from others whenever possible.  Monitor yourself for symptoms** of COVID-19	<b>14 days after exposure</b>  Monitor yourself for symptoms** of COVID-19	<b>IF NOT TESTED:</b>  Until complete resolution of all symptoms for 72 hours; <b>AND,</b> At least 10 days have passed since the first day symptoms appeared.

PHAC



## SOCIAL (PHYSICAL) DISTANCING

Social (physical) distancing minimizes contact with people in order to prevent you and others from being exposed to and becoming infected with the contagious disease. Ideally keep a distance of 2 metres (or 6 feet) between people. Go about your day but avoid crowded places and increase your personal space from others, whenever possible. **Monitor yourself for symptoms\*\* of COVID-19**



## \*IF YOU TEST POSITIVE FOR COVID-19

Stay home until the local public health authority retests you and says you are no longer at risk for spreading the virus.

**If symptoms are not severe, and NO TESTING has been done during your home isolation:** The Public Health Agency of Canada recommends discontinuing home isolation only after a minimum duration of 10 days has passed since the first day symptoms appeared, AND there has been complete resolution of all symptoms for 72 hours.



## QUARANTINE (OR SELF-ISOLATION)

Quarantine (or Self-Isolation) separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. **Monitor yourself for 14 days for one or more symptoms\*\* of COVID-19.**

## \*\*SYMPTOMS OF COVID-19



Fever



A new or worsening cough



Difficulty breathing

*To a lesser degree, muscle pains, fatigue, headache, sore throat, runny nose*



## ISOLATION

Isolation separates sick people with a contagious disease from people who are not sick.



Keeping in social contact is important for our mental health! But we may need to find other ways to do this using technology available to us – like FaceTime, Zoom conference call meetings, can keep us connected.