

Social distancing

Practicing physical/social distancing means changing one's daily habits to minimize close contact with others. The following practices are recommended:



Avoid places and non-essential gatherings;



Avoid customary greetings, such as handshakes;



Go to the grocery store, once per week;



Use technological means to keep in touch with your friends and family.



Maintain a distance of two metres between yourself and other people.



Stay home as much as you can, including for taking your meals and work.