IMPORTANT NOTICE — Social Distancing

Ohsweken, ON, Mar. 15, 2020: Due to COVID-19, we are encouraging the community to practice social distancing to reduce the spread of this virus. Everyone’s health and safety is important to us. Below are some guidelines to assist in social distancing practices.

SOCIAL DISTANCING:

What does it mean?

Social distancing is the practice of reducing close contact between people to slow the spread of infections or diseases. Social distancing measures include limiting large groups of people coming together, closing buildings and cancelling events.

**AVOID**  
- Group Gatherings  
- Sleep Overs  
- Playdates  
- Concerts  
- Theatre Outings  
- Athletic Events  
- Crowded Retail Stores  
- Malls  
- Workouts in Gyms  
- Visitors in your Home  
- Non-essential workers in your house  
- Mass Transit Systems

**USE CAUTION**  
- Visit a local Restaurant  
- Visit Grocery Store  
- Get Take Out  
- Pick Up Medications  
- Play at the Park  
- Visiting the Library  
- Church Services  
- Traveling

**SAFE TO DO**  
- Take a walk  
- Go for a Hike  
- Yard Work  
- Play in your Yard  
- Clean out a Closet  
- Read a Good Book  
- Listen to Music  
- Cook a Meal  
- Family Game Night  
- Go for a Drive  
- Group Video Chats  
- Stream a favourite show  
- Call to Check on a Friend  
- Call to Check on Elderly Neighbour