



Sioux Lookout
First Nations
Health Authority

CORONAVIRUS COVID-19

FREQUENTLY ASKED QUESTIONS

COVID-19 SOCIAL/PHYSICAL DISTANCING

APRIL 1, 2020

WHAT IS SOCIAL/PHYSICAL DISTANCING?



- Keeping a physical distance (at least 2 metres or 6 feet) between you and others when outside of your home.
- It is also involves limiting the number of people you come in close contact with.

WHY DO I NEED TO PRACTICE SOCIAL/PHYSICAL DISTANCING?

- To decrease the spread of COVID-19 in your community
- Social/physical distancing is an important way to stop you from getting sick and to protect others, especially Elders and people with chronic health conditions.



WHY IS 2 METRES/6 FEET NEEDED FOR SOCIAL/PHYSICAL DISTANCE?



- COVID-19 is transmitted by droplets that come out of a person's mouth when they cough or sneeze. There are lots of different studies that have measured how far droplets can travel when someone sneezes or coughs.
- According to the World Health Organization, if a person is within 1 meter (3 feet) of someone who coughs or sneezes, they can breathe in these droplets.
- The Public Health Agency of Canada and Public Health Ontario advise at least 2 metres (6 feet).





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HOW DO I PRACTICE SOCIAL/PHYSICAL DISTANCING?

- Keep a distance of 2 metres (6 feet) from others when outside of your home.
- Avoid common greetings, such as handshakes – try waving or nodding instead.
- Stay home as much as possible. Do not have people visit your home.
- Use technology to keep in touch with friends and family (instead of leaving home to visit them).
- Work from home if you are able.
- Try to limit your trips to the grocery store and keep 2 metres (6 feet) between you and the next person in the lineup at the register.



CAN I GO OUTSIDE?



- You can go outside to get some fresh air.
- Remember to always maintain 2 metres (6 feet) distance between yourself and others even when outdoors.

WHAT ABOUT TAKING MY CHILD OUTDOORS?

- Avoid public places and spaces.
- Only go outside to get some fresh air, for a short walk or going for a bike ride. Always maintain 2 metres (6 feet) distance between yourself and others even when outdoors.



CAN I GO TO COMMUNITY GATHERINGS OR EVENTS?



- No, community gatherings and social events (i.e. traditional gatherings, sports tournaments, BINGO) of any size should be avoided or postponed.