

# SOCIAL DISTANCING TIPS

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The most important measures that Albertans can take to prevent COVID-19 is to practice good hygiene. When out in public, practicing social distancing can help you reduce your risk by minimizing contact with others in the community.

## What is social distancing?

- Social distancing involves taking steps to limit the number of people you come into close contact with.
- This is not the same as social isolation. You do not need to remain indoors, but you do need to avoid being in close contact with people.
- Going for a walk in your neighborhood or park is encouraged as long you maintain distance from others.
- Go out for groceries, medical trips and other essential needs, but try to maintain a distance of at least 2 metres (6 feet) between yourself and other people.
- In order to minimize the risk of acquiring COVID-19, reduce the number of times you leave your house to perform errands.

## Elevator etiquette

- Avoid overcrowding – take the stairs or wait for the next elevator.
- Cover your cough.
- Avoid touching your face after pushing the button.
- Limit the number in an elevator car to 2-3 people.
- Wash with soap or else sanitize your hands after leaving the elevator.

## Grocery shopping

- Order online and deliver if you can.
- If you cannot, try to shop at times when there are fewer shoppers (first thing in the morning or late at night).
- Wipe down handle of grocery carts and baskets, and wash or sanitize hands before entering and after leaving the store.
- Use self-check out if available.

## Public transportation

- Cover your cough.
- Avoid touching your face after pushing the button.
- Try to maintain as much distance as possible between yourself and other riders.
- Sanitize hands on exit.

## Small social gatherings

- Family visits, house parties- postpone if possible or hold virtually.
- Cancel if household members are senior citizens or have high-risk medical conditions - consider ways of virtually supporting those loved ones who are at high risk and are choosing to stay home.
- Do not go to any gathering if you have a fever or a cough, even if symptoms appear to be mild or resembling a mild cold.

### If necessary to gather:

- Have hand sanitizer for guests to use when they come over.
- Wipe frequently touched areas with Lysol or disinfectant wipes pre- and post-gathering (doorknobs, light switches, bathroom taps, etc.).
- Consider using disposable dishes and utensils.

## Restaurants/cafes/coffee shops/food courts and pubs

- Avoid gathering in public places

### If necessary to gather:

- Use hand sanitizer pre- and post-drinks, snacks and meals.
- Use utensils (do not eat finger food, sandwiches, etc. with hands).
- Maintain a 2 m distance between other patrons.
- Use napkin for pump dispenser condiments (ketchup, salt, pepper etc.).
- Do not eat from the open dishes (e.g., peanuts, candy).
- Do not share dishes and drinks.
- Consider using take-out, drive through or delivery services for food.