

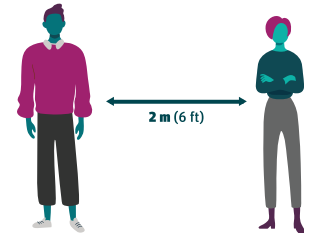
# Top-10-COVID-Rules-to-Live-By

## 1. Stick to your household contacts

As of Saturday, October 3, 2020, at 12:01 a.m, the Government of Ontario is pausing social circles and advising that all Ontarians allow close contact only with people living in their own household and maintain two metres physical distancing from everyone else. Individuals who live alone may consider having close contact with another household.

## 2. Keep 2 metres distance from anyone not in your household contacts

Continue to practise physical distancing in all settings. For example, people at your table in restaurants and bars must be those in your household. Stay 2 metres away from everyone else, especially when it's not possible to cover your face.



## 3. Use your face covering in indoor public spaces and when you can't keep 2 metres distance outdoors

Keep a face covering (i.e. mask, scarf, bandana, etc.) with you so you can use it when you need it. Exemptions are in effect for multiple reasons, including medical and age-related, and no proof is required.



## 4. Limit gatherings of any size

Ask yourself if the gathering is necessary and if so, assess your risk and determine how you can make the activity safer.

## 5. Limit travel

As the province and country reopen, more area residents are being infected by the virus through travel outside our region. Ask yourself if the travel is necessary and if so, plan ahead on how you will keep COVID-safe.

## 6. Wash your hands

Wash your hands often and when visibly dirty, for 15 seconds. Make a habit of carrying hand sanitizer with you.



## 7. Stay home when ill

The easiest way to reduce transmission is to stay home.



## 8. Get tested

If you have a COVID-19 symptom, if you are concerned that you may have been exposed to COVID-19, or if you are at risk of exposure to COVID-19 through your work, get tested. Remember, you can still be infected after a negative test. A negative result should not be treated as a free pass to let your guard down. Continue to take precautions.

## 9. Work remotely

Continue to work remotely, where possible. Reducing our time in the workplace reduces the possibility of introducing the virus to new environments.

## 10. Practice kindness, patience, and gratitude—we are all in this together

Changing our behaviour and doing things in new ways takes planning and practice. Think ahead. Assess your risk and live by the rules. The *Top-10-COVID-Rules-to-Live-By* are simple yet powerful actions that will get us through this pandemic safely.

To keep up-to-date and for more details on specific circumstances, visit [phsd.ca/COVID-19](https://phsd.ca/COVID-19).