



Sioux Lookout
First Nations
Health Authority

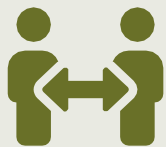
CORONAVIRUS COVID-19

FREQUENTLY ASKED QUESTIONS

Physical Distancing

August 19, 2020

What is physical distancing?



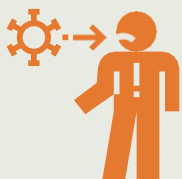
- It means staying at least 2 metres (6 feet) away from others when outside of your home.
- It is also means that you limit the number of people you come in close contact with.

Why do I need to do it?

- Physical distancing helps control the spread of COVID-19 in your community.
- It helps protect you from getting sick. It protects others, **especially Elders and people with chronic health problems.**



Why stay 2 metres (6 feet) apart?



- COVID-19 is transmitted by droplets that come out of a person's mouth when they cough or sneeze. Lots of studies have measured how far these droplets can travel.
- The World Health Organization says that 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 keeping at least 2 metres (6 feet) apart.



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What else can I do to practice physical distancing?

- Avoid greetings such as handshakes and hugs. Try waving or nodding instead.
- Stay home as much as you can. Do not have visitors in your home.
- Use technology to keep in touch with friends and family.
- If you can, work from home.
- Limit your trips to the grocery store. Stay 2 metres (6 feet) apart from others in lineups.



Can I go outside with my kids?

- Yes, but remember to always keep 2 metres (6 feet) away from others **even when outdoors**.
- Avoid public places and spaces.



Can I go to community gatherings or events?

- No, sadly, you should postpone gatherings like pow wows, sports tournaments, bingo, and events of any size. Stay safe!

