

## Remember! Practice physical (social) distancing

Ensure that you keep a 2 metre (six feet) distance from others



Keep a distance of 2m (6 feet) when going out



Avoid large gatherings



Work from home if possible



Avoid visiting elderly friends or relatives



Conduct meetings or visits virtually



Limit contacts to household members

Dear resident(s) of Ottawa,

With more cases of COVID-19 confirmed in Ottawa, including confirmation of community spread, we are urging that everyone either practice physical (social) distancing or self-isolate if applicable.

Each of our efforts are needed as a community. The actions you take will affect not only you, but your loved ones and the most vulnerable people in our community. By acting now, you may be saving lives – the life of a family member, a neighbour, a friend, or a coworker.

### For individuals with respiratory symptoms (such as fever or cough)

- **You must self-isolate for 14 days from when your symptoms started, or until 24 hours after symptoms have FULLY resolved**, whichever is longer.
- You must not leave your home if you have respiratory symptoms.
- If your symptoms are worsening to a point where you cannot manage at home, please visit your nearest emergency department.
- If you think you have coronavirus (COVID-19) symptoms or have been in close contact with someone who has it, fill out the self-assessment tool at [Ontario.ca/Coronavirus](https://Ontario.ca/Coronavirus) to help determine how to seek further care.

### For individuals who are returning from travel, you must self-isolate for 14 days

- **The Federal Quarantine Act requires any person entering Canada by air, sea or land to self-isolate for 14 days whether or not they have symptoms of COVID-19.** Leaving your property to go for a walk is not permitted under the Quarantine Order, issued on March 25, 2020.
- Do not go to community settings, including the grocery store. If you need groceries or other essential items, have a family member, friend or neighbour do this for you and leave items at the door.
- If you have respiratory symptoms, follow guidance in the section above.

### For ALL Ottawa residents (except those listed above)

- **Practice physical (social) distancing** – Avoid all non-essential trips in the community.
- Household contacts (people you live with) do not need to distance from each other unless they are sick, or have travelled within the past 14 days.
- Cancel ALL group gatherings.
- Connect via phone, video chat, or social media instead of in-person.
- Talk to your employer about working from home (if possible).
- Avoid visiting elderly friends or relatives unless the visit is essential.
- Keep windows down for essential community trips via taxi or rideshares.
- You can go outside (for example - to take a walk or kick a ball with members of your household, who are already close contacts). While outside, avoid crowds and maintain a distance of two metres (six feet) from those around you. Make an effort to step-aside, or pass others quickly and courteously on sidewalks. Passing someone on the sidewalk is not considered close contact or a significant risk for exposure to COVID-19.

Check in with others by phone or other technology. Be courteous. Support your neighbours if you can.

Check in with yourself. It's ok not to be ok. Reach out to the Distress Centre of Ottawa to connect with someone at 613-238-3311 if you need help or are having trouble coping.

This is a difficult and challenging time for everyone. I'd like to thank you for your cooperation with physical (social) distancing from others and thank people who are helping each other. Supporting our neighbours is essential for us to make it through this pandemic.

For more information on COVID-19, please visit: [OttawaPublicHealth.ca/Coronavirus](https://OttawaPublicHealth.ca/Coronavirus). Information on financial and social supports is available on [Ottawa.ca](https://Ottawa.ca).

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