Health Care Workers

How to physically distance in long-term care

Physical distancing prevents droplets from an infected person from being spread into the environment and onto people within 2 metres (or 6 feet) distance.

- Limiting the amount of people in the break room helps us ensure we can physically distance.
- I keep my distance when waiting in line for screening.
- I keep my distance from co-workers during my break, especially since I remove my mask to eat my lunch.
- We don’t gather at the nursing station.

For more information, visit publichealthontario.ca/covid19
Residents

How to physically distance in long-term care

Physical distancing prevents droplets from an infected person from being spread into the environment and onto people within 2 metres (or 6 feet) distance.

Our dining room tables and chairs are spaced to maintain a safe distance.

I only have one or two visitors at a time to stay safe.

The furniture was rearranged so we are able to go to the lounge safely!

Bingo! In the hall at our doorways is lots of fun!

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