



Social distancing is an effective way to reduce the spread of illness.

This means making changes in your everyday routines to minimize close contact with others, including:

- avoiding non-essential gatherings
(no gathering of more than 10 people)
- avoiding common greetings, such as handshakes
- avoiding stores and other places when they're busy
- limiting contact with people at higher risk like older adults and those in poor health
- keeping a distance of at least **two arm-lengths** – which is about **two metres** – from others as much as possible

Together, we can slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other.

For more information: visit yukon.ca/COVID-19