



Physical 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:

- Avoid gatherings where physical distancing measures are not possible.
- Avoid common greetings, such as handshakes.
- Avoid crowded places that do not permit physical distance.
- Limit contact with people at higher risk such as older adults and those in poor health.
- Keep a distance of at least **2 arm-lengths** – which is about **2 metres** – from those not in your bubble.

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

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

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