

MEMO TO ALL PARENTS AND CAREGIVERS

RE: SOCIAL DISTANCING

On March 16, 2020, it was announced that all schools across Newfoundland and Labrador were ordered to close in order to disrupt the transmission of COVID-19 and allow effective social distancing.

Social distancing means limiting your physical contact with other people in order to stop, slow down or contain the spread of COVID-19. Everyone has a part to play in reducing the spread of COVID-19 in our community.

Generally, all individuals are advised to avoid crowds and maintain a 2 arm's length distance from other people.

Activities to avoid:

- group gatherings (e.g. birthday parties, weddings, funerals, etc.)
- having visitors in your home
- sleepovers, playdates and other social interactions with friends
- public spaces (e.g. malls)
- crowded stores

Safe activities include:

- family game night
- watching your favourite shows
- video chatting (Skype, Facetime)
- spring cleaning

- reading a book
- listening to or playing music
- sitting outside on your deck
- taking a walk, riding your bike, snowshoeing
- yard work
- playing outside
- cooking
- connecting with friends on social media

At this time, we would like to thank all the people of Newfoundland and Labrador who have identified their risk for COVID-19 and have self-isolated and gotten tested, if indicated. Thank you for doing your part to reduce the risk of transmission to others in your community. Let's come together to support those in self-isolation. Ask your neighbour how you can help. We all have a role to play to reduce the spread of this virus, protect our loved ones, and ourselves.

For the most up-to-date information related to COVID-19, please visit www.gov.nl.ca/covid-19. For questions related to COVID-19, please email covid19info@gov.nl.ca.