



Manitoba Social Distancing Script

Updated: April 21, 2020

The Government of Manitoba advises everyone to practice social (physical) distancing.

What is social distancing?

- Stay at least two meters (about two arm's length) away from other people when you are in public places, such as grocery stores, public transit, and gas stations.
- Stay at home and work from home if possible.
- Avoid greetings that involve handshakes and hugs.
- Disinfect frequently used surfaces such as door knobs, cell phones, and light switches.
- You MUST self-isolate for 14 days:
 - If you travel to Manitoba from another province or country,
 - If you have been exposed to someone that has COVID-19,
 - If you are showing symptoms of respiratory illness.
- No gatherings of more than 10 people are allowed and non-essential businesses must close in Manitoba. Penalties for violation of either of these measures is up to a maximum of \$100,000 and/or one-year imprisonment for individuals and a maximum of \$1,000,000 for corporations.

What are things you should avoid?

- Sleepovers
- Group gatherings, outings or events (e.g., birthday and dinner parties, celebrations, weddings, funerals, religious services, team sports)
- Visiting crowded stores or outdoor spaces
- Having visitors in your home, including non-essential workers
- Play dates (time for children from different families to play together)
- Driving with friends in a car

What are things you can do?

- Spend time with household members (as long as they are not sick or have not returned to Manitoba in the past 14 days when they should be self-isolating)
- Outdoor physical activity (e.g. walking, running, biking, hiking) on your own or with your household members—observe social distancing
- Gardening, yard work and general household maintenance
- Play in your yard
- Get groceries and other goods delivered
- Use technology to chat with family and friends
- Play games (e.g., board games, video games) at home
- Listen to music, read a book
- Cook a meal

Be part of the solution to defeat the spread of COVID-19. Stay home if you can, wash your hands regularly, and encourage your friends and family to practice physical distancing. But let's continue to support those who need social, cultural, spiritual and material support. We are all in this together!

Please share this message.