

# Top-10-COVID-Rules-to-Live-By:

## A joint statement on living safely with COVID-19

You cannot follow the rules if you do not know what they are.

With so many announcements about COVID-19—from stages of reopening to personal precautions—it can be hard to know what rules are currently in place. This statement clarifies common misperceptions and repeats basic actions that by now may be common knowledge. The *Top-10-COVID-Rules-to-Live-By* will keep us going for the long haul and will go a long way to protect our health, our health care system, our schools, and our jobs and economy. The virus simply cannot spread easily if everyone knows the basic rules and follows them.

To keep up-to-date and for more details on specific circumstances, visit [phsd.ca/COVID-19](https://phsd.ca/COVID-19).

### Top-10-COVID-Rules-to-Live-By

#### 1 **Stick to your social circle of no more than 10 people**

Your social circle can only include up to 10 people and must always be with the same people. These are the people who you can get close to without a face covering; they are the people who have all decided to be part of your social circle and only your social circle.

#### 2 **Keep 2 metres distance from anyone not in your social circle**

Continue to practise physical distancing in all settings. For example, people at your table in restaurants and bars must be those in your social circle. Stay 2 metres away from everyone else, especially when it's not possible to cover your face.

#### 3 **Use your face covering in enclosed indoor public spaces and when you can't keep 2 metres distance outdoors**

Keep a face covering (i.e. mask, scarf, bandana, etc.) with you so you can use it when you need it. Exemptions are in effect for multiple reasons, including medical and age-related, and no proof is required.



**Public Health**  
**Santé publique**  
SUDBURY & DISTRICTS

#### **Sudbury East Municipal Association**

Representing the Municipalities of  
French River, Killarney,  
Markstay-Warren and St.-Charles

#### **4 Limit gatherings of any size**

The provincial gathering limits have increased, but the public health measures haven't changed. Ask yourself if the gathering is necessary and if so, assess your risk and determine how you can make the activity safer.

#### **5 Limit travel**

As the province and country reopen, more area residents are being infected by being exposed to the virus through travel outside our region. Ask yourself if the travel is necessary and if so, plan ahead on how you will keep COVID-safe.

#### **6 Wash your hands**

Wash your hands often and when visibly dirty, for 15 seconds. Make a habit of carrying hand sanitizer with you.

#### **7 Stay home when ill**

The easiest way to reduce transmission is to stay home. If you have a COVID-19 symptom, get tested.

#### **8 Get tested**

If you have a COVID-19 symptom, if you are concerned that you may have been exposed to COVID-19, or if you are at risk of exposure to COVID-19 through your work, contact an assessment centre and get tested. Remember, you can still be infected after a negative test. A negative result should not be treated as a free pass to let your guard down. Continue to take precautions.

#### **9 Work remotely**

Continue to work remotely, where possible. Reducing our time in the workplace reduces the possibility of introducing the virus to new environments.

#### **10 Practice kindness, patience, and gratitude—we are all in this together**

Changing our behaviour and doing things in new ways takes planning and practice. Think ahead. Assess your risk and live by the rules. The Top-10-COVID-Rules-to-Live-By are simple yet powerful actions that will get us through this pandemic safely.

Together we learn, together we adapt, and together we will be proud of how we successfully pulled through the COVID-19 pandemic.

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