

COVID-19: Physical distancing and keeping safe

More information

Call 811 for COVID-19 medical information

Call 1-888-COVID19 for non-medical information

Call 310-6789 (no area code needed) for emotional support, mental health information and resources

KUU-US Crisis Line (First Nations and Indigenous specific) crisis line 1-800-588-8717

COVID-19 Self-assessment Tool
<https://bc.thrive.health/>



Information for people who are unsheltered and under-housed.

This information is up to date at the time of publication and is subject to change.

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Physical distancing is important



What is COVID-19? COVID-19 is an illness caused by a new type of virus. It can cause infections in the respiratory system which affects breathing. The sickness can be mild, but for some people it can be very serious and some people can die from it.



What is physical distancing? Physical distancing (also called social distancing) is an important way to prevent getting or spreading COVID-19. It means avoiding close contact with other people by staying two metres/6 feet or about two arms lengths away from other people.



Is physical distancing a law? Can I be charged for being too close to people? Physical distancing is not a law. It is a recommendation from the Provincial Health Officer. Police, bylaw or security people can talk to people about why it's important but they cannot charge you.

Your safety is important



Does physical distancing mean I have to be alone? Physical distancing does not mean you have to be alone. Sometimes being alone can put you at risk for harm and if you are using drugs it also makes you more at risk of dying from an overdose. It is important to be connected to other people for both mental and physical health reasons.



Should I be physical distancing from all people? You do not have to practice physical distancing from all people. Public health recommends physical distancing from people who you do not live with (household contacts). If you are homeless or live in a shelter, your partner and/or a small group of people you consider very close friends could be considered "household contacts". It's important to keep this group small; the more people you don't practice physical distancing with, the greater the risks of getting or spreading the virus.