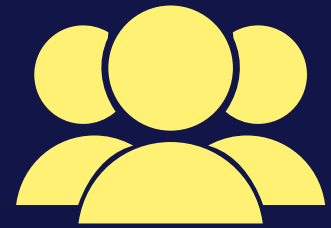


The Social Impact of COVID-19

As humans, we need a social connection. Many of us have been unable to see our family and friends for a long time.

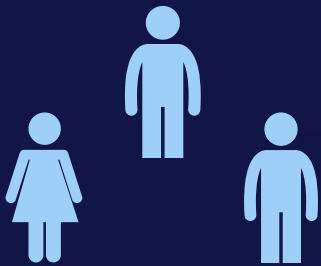


According to Statistics Canada, Canadians have indicated a decline in life satisfaction and mental health as a result of the pandemic.

Virtual Social Connections

Maintain social connection virtually:

Schedule a phone or video call with friends & family.
Host a virtual event: dinner party, karaoke, or movie watch party.
Game night: play a board or card game, or try a group game online!

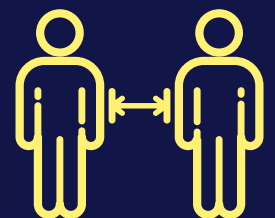


Social Distancing Connections

Schedule an outside visit with friends on your driveway, lawn or patio.
Or schedule an outside visit with your neighbours on your own balconies.

Minimize the risks by avoiding the 3 C's:

Closed spaces with poor ventilation
Crowded places
Close contact / faces



Always follow your Provincial Health Guidelines.

