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NEWS RELEASE  
March 23, 2020  
[Sooke, BC]

### **COVID 19: Physical Distancing – Social Solidarity**

New language is emerging in the fight against COVID-19.

With increasing urgency, citizens are being asked to remain 2 meters apart and the phrase “social distancing” is being phased out in favour of the more direct “physical distancing, social solidarity.”

The need to reduce close contact between members of the public has informed the District of Sooke’s increased enforcement of physical distancing. Should citizens publicly ignore the orders of the Provincial Health Officer, local RCMP Officers and District of Sooke Community Peace Officers may respond accordingly.

We must all be vigilant and do our part to stop the spread of COVID-19 through our community. Please observe physical distancing and wash your hands often.

### **Updates for March 23, 2020**

1. Mayor Maja Tait provided a public address from Council Chambers today at 1:00 p.m. A video of her address can be found here: <https://sooke.ca/online-services/council-videos/>

Mayor Tait will continue to provide local updates each Monday at 1:00 p.m. These can be viewed live on the District of Sooke’s YouTube channel, or viewed afterwards using the link above. A transcription will also be posted in the District’s Newsfeed and the COVID-19 section of our webpage at: <https://sooke.ca/our-community/covid-19/>

2. The Province of BC unveiled the COVID-19 BC Action Plan today. The Province is providing \$5 billion in income supports, tax relief and funding for people, businesses and services in response to the COVID-19 outbreak. This announcement is in addition to the federal government’s COVID-19 Economic Response Plan, announced last week.

Information on the COVID-19 BC Action Plan, including a factsheet on how this announcement affects residents and businesses, can be found here: <https://news.gov.bc.ca/releases/2020PREM0013-000545>

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### **Media Contact:**

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**District Contact and Social Media Channels:**

Website: [www.sooke.ca](http://www.sooke.ca)  
Twitter: [@SookeCa](https://twitter.com/SookeCa)  
Facebook: [Emergency Program](#)  
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Fax: 250-642-0541  
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Staff Email: [Directory](#)  
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**SOCIAL DISTANCING**  
or 'physical distancing' means reducing close contact with other people to slow the spread of the coronavirus.

**When you stay at home and avoid contact with other people as much as possible you can prevent other people from becoming sick, and help make sure our hospitals have room and supplies for patients who need care.**

<p><b>STOP!</b></p>  <p><b>Stop meeting in groups</b></p> <ul style="list-style-type: none"><li>• House parties</li><li>• Outdoor parties</li><li>• Beach crowds</li><li>• Mingling with friends</li><li>• Public gatherings</li><li>• Playdates</li><li>• Playgrounds</li><li>• Non-essential travel</li><li>• Malls</li><li>• Church Services</li><li>• Sleepovers</li><li>• Group Hangouts</li><li>• Celebrations</li><li>• Bars, Restaurants, Gyms</li></ul>	<p><b>USE CAUTION / LIMIT</b></p>  <p><b>If you have no symptoms and need to go out, stay at least 2 meters (about 6.5 feet) apart from other people - about the width of a car. Wash your hands after.</b></p> <ul style="list-style-type: none"><li>• Grocery shopping</li><li>• Picking up medications</li><li>• Walking in a public area</li><li>• Transportation to a job</li><li>• Take out food / food delivery</li></ul> <p>Drop off essential supplies for friends or relatives at the door (wash your hands before handling)</p>	<p><b>SAFE TO DO</b></p>  <p><b>Stay at home. Do these things with your household members or alone.</b></p> <ul style="list-style-type: none"><li>• Play in your yard</li><li>• Yard work, gardening</li><li>• Meet with friends online</li><li>• Work from home</li><li>• Take classes online</li><li>• Cook</li><li>• Read, TV, movies, music</li></ul> <p>Keep space between you. Wash your hands frequently. Wipe down packages and surfaces. Clean your space, wash your clothes.</p>
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\* Infographic courtesy of BC Professional Fire Fighters