

with you which you can take home.

Don't do pot lucks, buffets or any meals with common bowls or plates. If a meal is prepared for someone, it is plated with everything on it specifically for that one person.

"Everyone gets their own plate, there's no sharing and no touching," says Dr. Salvaterra.

As the province continues along its recovery plan, Dr. Salvaterra says she's spoken with vulnerable people who have felt more comfortable going out again. But everyone needs to follow public health guidelines to make that safer.

"I believe we can reduce the risk to the point people can go out and begin to enjoy some of the social pleasures and settings that were a big part of our lives before March," she says.



by **[Taylor Clysdale](#)**

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