: COVID-19: Get the <u>latest updates</u> or take a <u>self-assessment</u>.

Ontario ☥

Create a social circle during COVID-19

Follow these five simple steps to create a safe social circle of up to 10 friends and family who can interact without physical distancing.

About social circles

As we continue our shared fight against coronavirus (COVID-19), social circles are a way to safely expand the number of people with whom you can come in close contact. Think of your social circle as the people you can hug and touch, or those who can become part of your daily and weekly routines.

You can now establish a family or social circle of no more than 10 people who can interact with one another without physical distancing.

Everyone living in the same household is in a social circle.

People in the same social circle:

- do not have to physically distance
- can hug and touch each other
- should continue to follow public health advice, including <u>frequently washing their hands and taking everyday actions to help stop the spread of COVID-19 (https://www.ontario.ca/page/covid-19-stop-spread#section-1)</u>

Why social circles are important

Close contact with people beyond your household is important to:

- connect and be close with family and friends outside of your immediate household to reduce social isolation
- support the mental health and wellbeing of Ontarians during the COVID-19 outbreak
- allow some families to get additional support with child care, elder care and other personal needs
- allow for more rapid contact tracing in the event of a case of COVID-19 in a social circle

We can trace and isolate COVID-19 quickly and effectively when you limit the number of people you come into close contact with.

Create a safe social circle

Follow these steps to create a safe circle.