

## Step 4: Keep your social circle safe

To keep the people in your social circle safe:

- continue to follow public health advice, including frequent hand washing and sneezing and coughing into a sleeve
- continue to physically distance with anyone outside your circle by keeping two metres or six feet apart from them

### If someone in your circle feels sick

They should immediately inform other members of the circle, self-isolate at home and not come into close contact with anyone, including other members of the circle.

They should also get tested.

[Find an assessment centre to get tested for COVID-19 \(https://covid-19.ontario.ca/assessment-centre-locations/\)](https://covid-19.ontario.ca/assessment-centre-locations/).

Everyone else in the circle should closely monitor themselves for symptoms of COVID-19. If you believe you have been exposed to COVID-19 you should also be tested.

## Step 5: Be true to your social circle

No one should be part of more than one circle.

Learn about examples of social circles and learn how to create your own in this [step-by step guideline. \(https://files.ontario.ca/moh-how-to-build-your-social-circle-en-2020-06-12.pdf\)](https://files.ontario.ca/moh-how-to-build-your-social-circle-en-2020-06-12.pdf)

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### Related

- [Find an assessment centre \(https://covid-19.ontario.ca/assessment-centre-locations/\)](https://covid-19.ontario.ca/assessment-centre-locations/)
- [Take a self assessment \(https://covid-19.ontario.ca/self-assessment/\)](https://covid-19.ontario.ca/self-assessment/)
- [Learn about COVID-19 in Ontario \(https://covid-19.ontario.ca/\)](https://covid-19.ontario.ca/)