

## Heart-to-Heart in Parksville Community Park

*Missing those heart-to-heart talks with friends? Missing social connection?*

The Parksville Community Park remains open for people to get fresh air and just be outside and we hope to be able to keep the park open to residents; however, you must practice physical distancing. Yesterday, our operations department painted hearts in the Community Park to indicate the correct distance you need to keep between each other when having a heart-to-heart talk.



### What is physical distancing?

Physical distancing is a way that we can slow the spread of COVID-19 by limiting close contact with others. Even though not sick, we must keep at least two metres, six feet or two arms lengths away from one another when outside our homes.

### How can I practice physical distancing?

- Limit activities outside your home and avoid contact with others
- Use virtual options to connect with others
- If you are out in public, keep at least two metres between yourself and others
- Keep your hands at your side when possible
- Stay home when sick

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### For more information:

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