

Hi All,

As we move into Fall, it is recommended that your social group be limited to 5 – 10 people outside of your household members. It is also recommended that getting together outside is best, however with the Fall weather approaching, many of us want to visit friends and family inside.

Here are some tips from the BC Centre for Disease Control's (BCCDC) [Safer Social Interactions webpage](#) that can make your time together indoors safer:

- Visit in large rooms
- Clean and disinfect surfaces that people touch often
- Limit your time indoors together

Additionally, when you are spending time together, you should consider how long you are spending time together, and if anyone in your social group is sick or is at a greater risk of getting sick. Remember to:

- **Maintain a safe distance** - stay at least 2 meters (6 feet) from anyone outside of your immediate household or outside of your social group. This is especially important if you are meeting inside.
- **Wash your hands often** – this is one of the best ways to stay healthy, along with not touching your face.
- **Disinfect things that lots of people might touch** – like doorknobs, faucets, doorbells, elevator buttons (check with your building manager if you live in an apartment or condo), light switches, etc. [Learn more about ways to effectively clean and disinfect on their website here.](#)
- **Keep a record of the people you spend time with** – in the event someone does get COVID-19, knowing who you spent time with and having their contact information on hand will [help public health get in touch quickly to reduce the chances of spreading COVID-19](#) to others in your community including those who are more likely to experience severe illness.

Remember - be Calm, be Kind and be Safe,

Kathleen Elias,

KSCL Executive Director