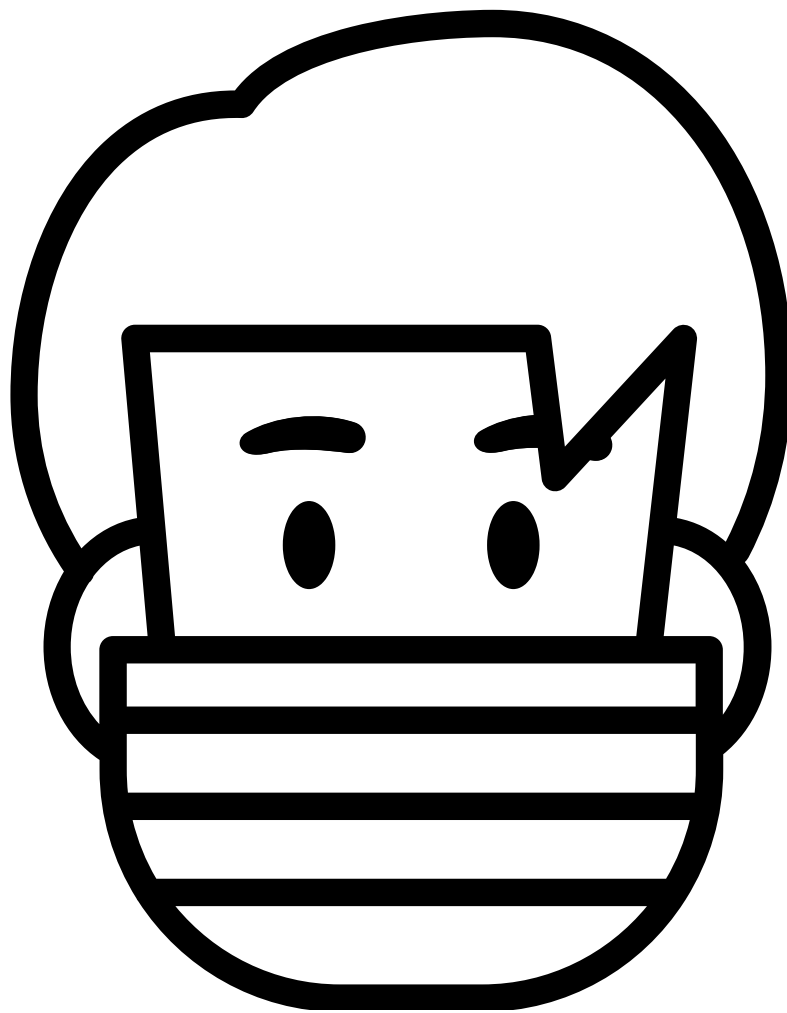


Wear a face covering, unless you are exempt



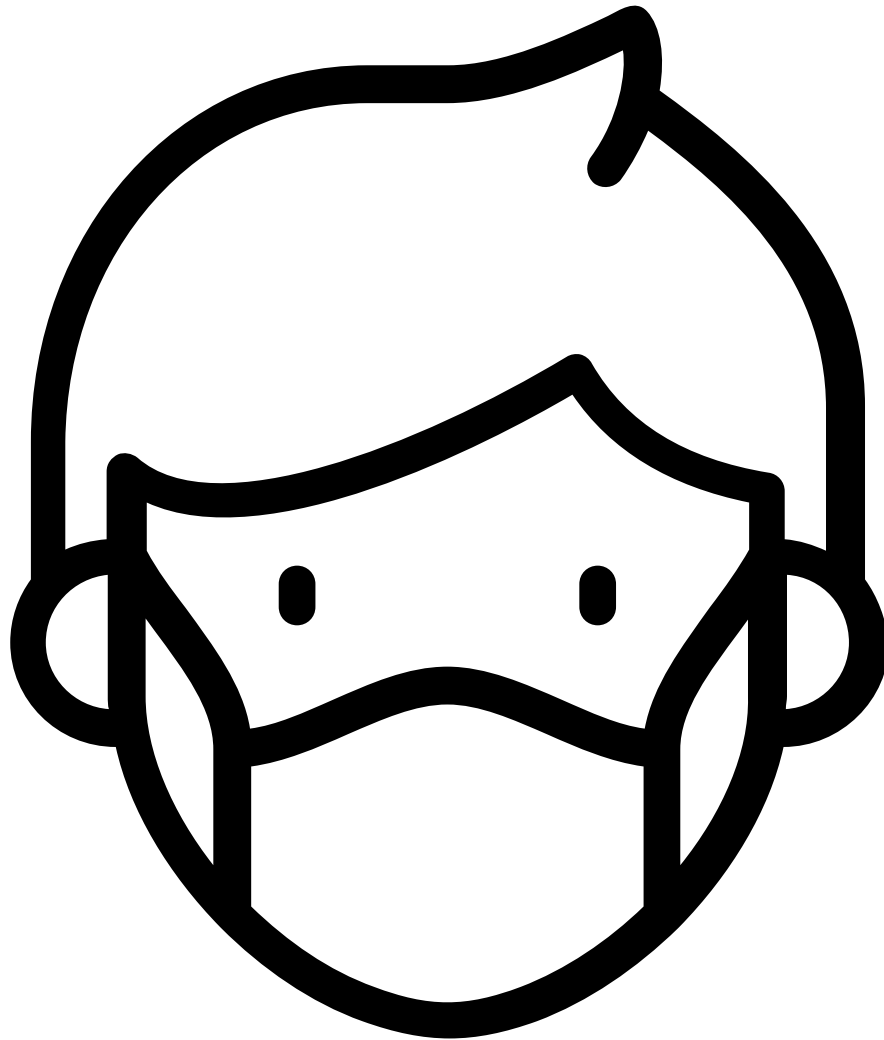
PROTECT YOURSELF AND OTHERS

North Bay Parry Sound District
Health Unit




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Wear a face covering, unless you are exempt



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 2m 6ft
Bureau de santé
du district de North Bay-Parry Sound

**Wash your hands often
with soap and water or
use an alcohol-based
hand sanitizer**




**PROTECT YOURSELF
AND OTHERS**

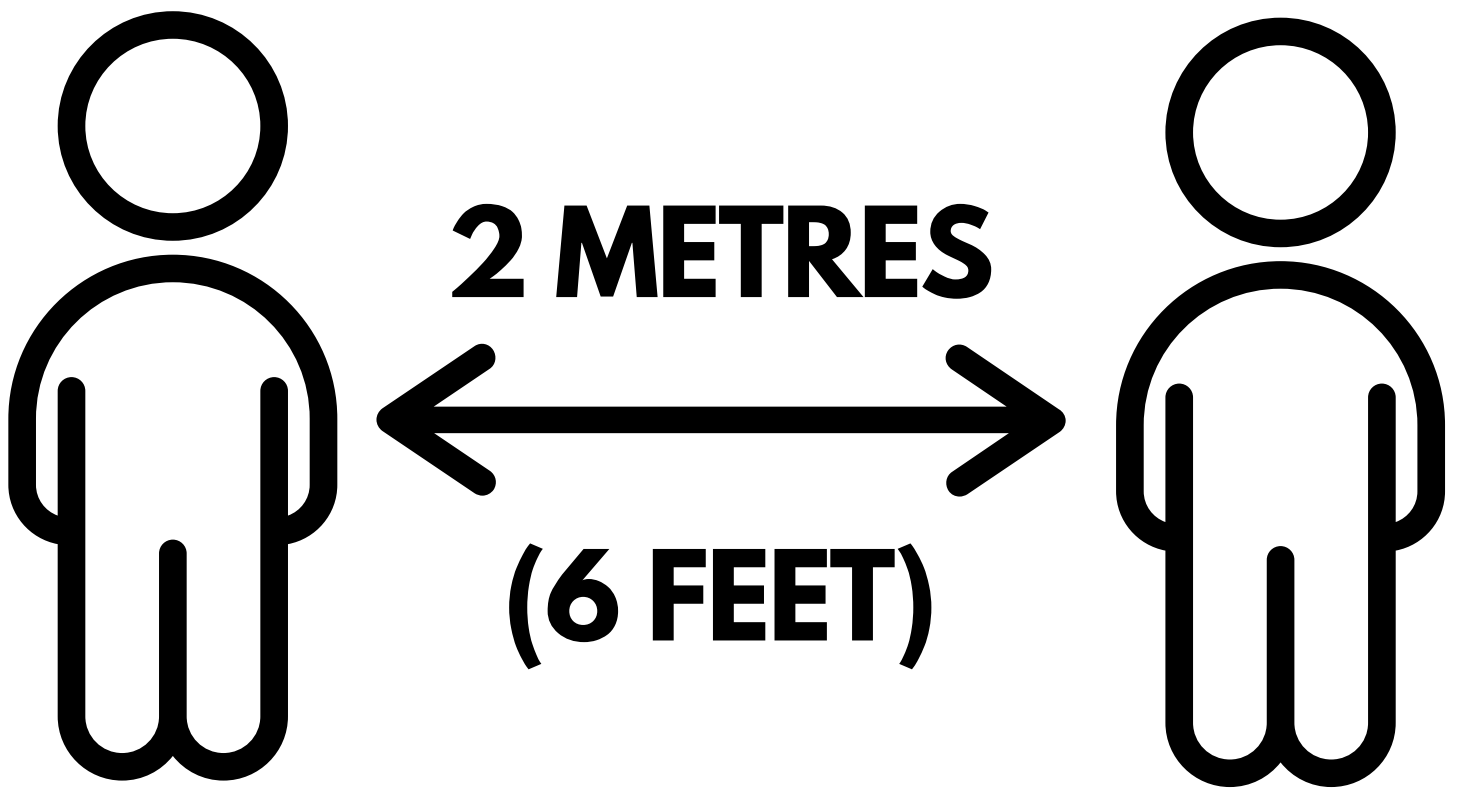
Wash your hands often



**PROTECT YOURSELF
AND OTHERS**

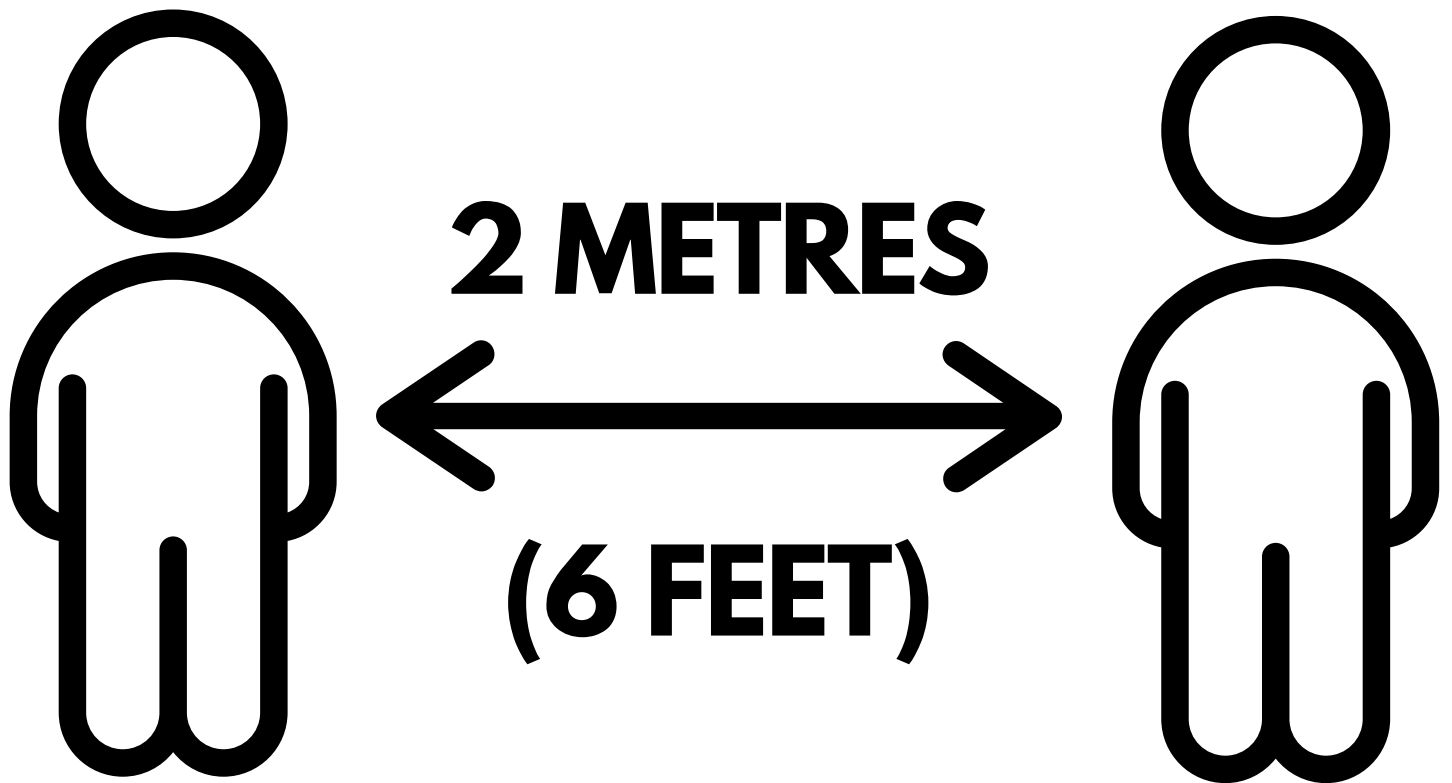
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Bureau de santé
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Practice physical distancing, keep a 2 metre distance from those you don't live with



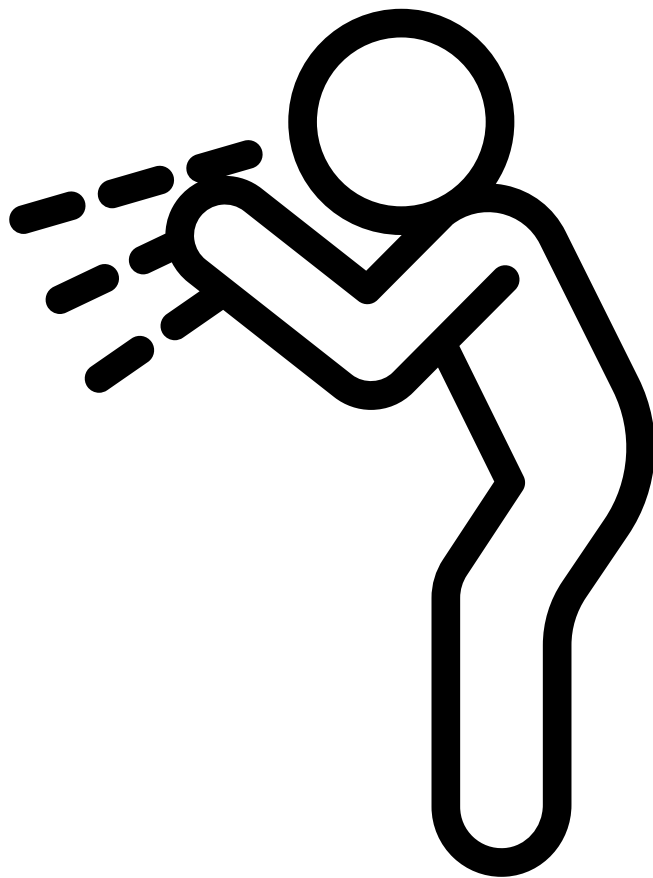
**PROTECT YOURSELF
AND OTHERS**

Practice physical distancing



**PROTECT YOURSELF
AND OTHERS**

Avoid contact with people who feel unwell with new or worsening symptoms



**PROTECT YOURSELF
AND OTHERS**

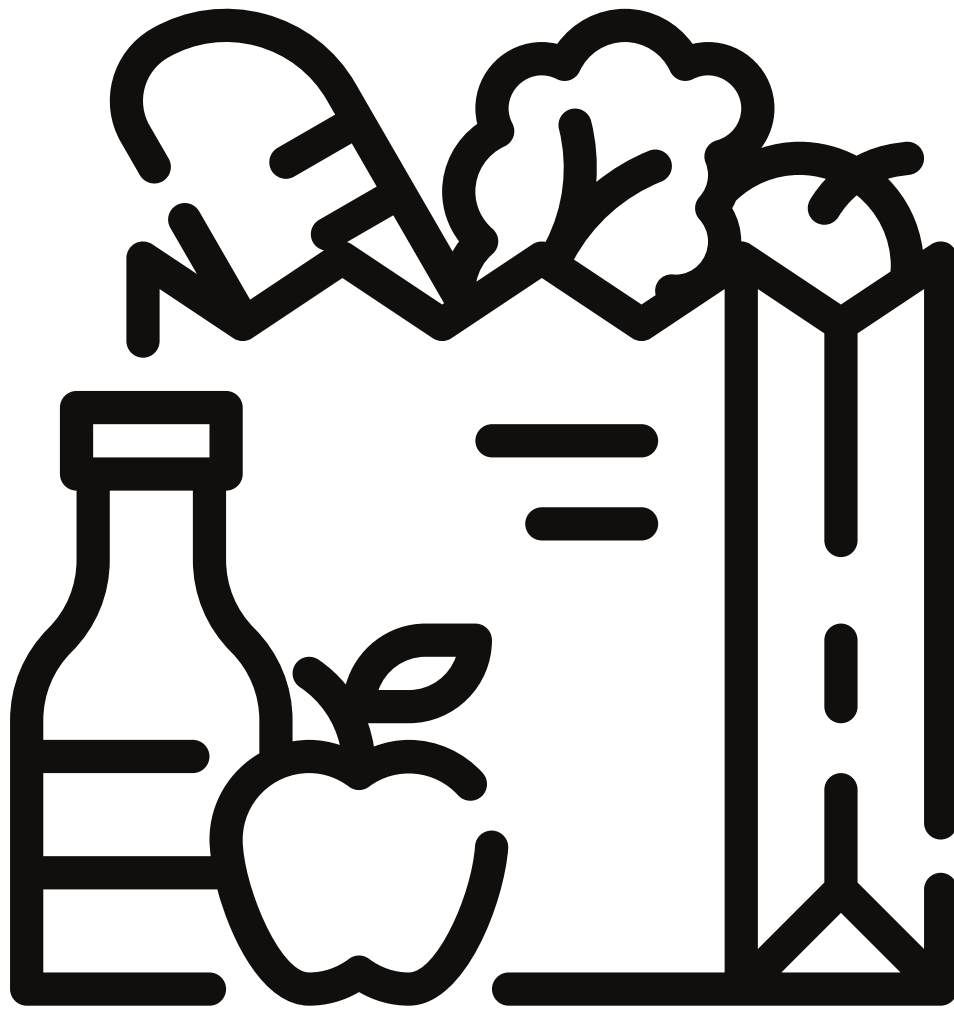
Avoid contact with people who feel unwell






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AND OTHERS**

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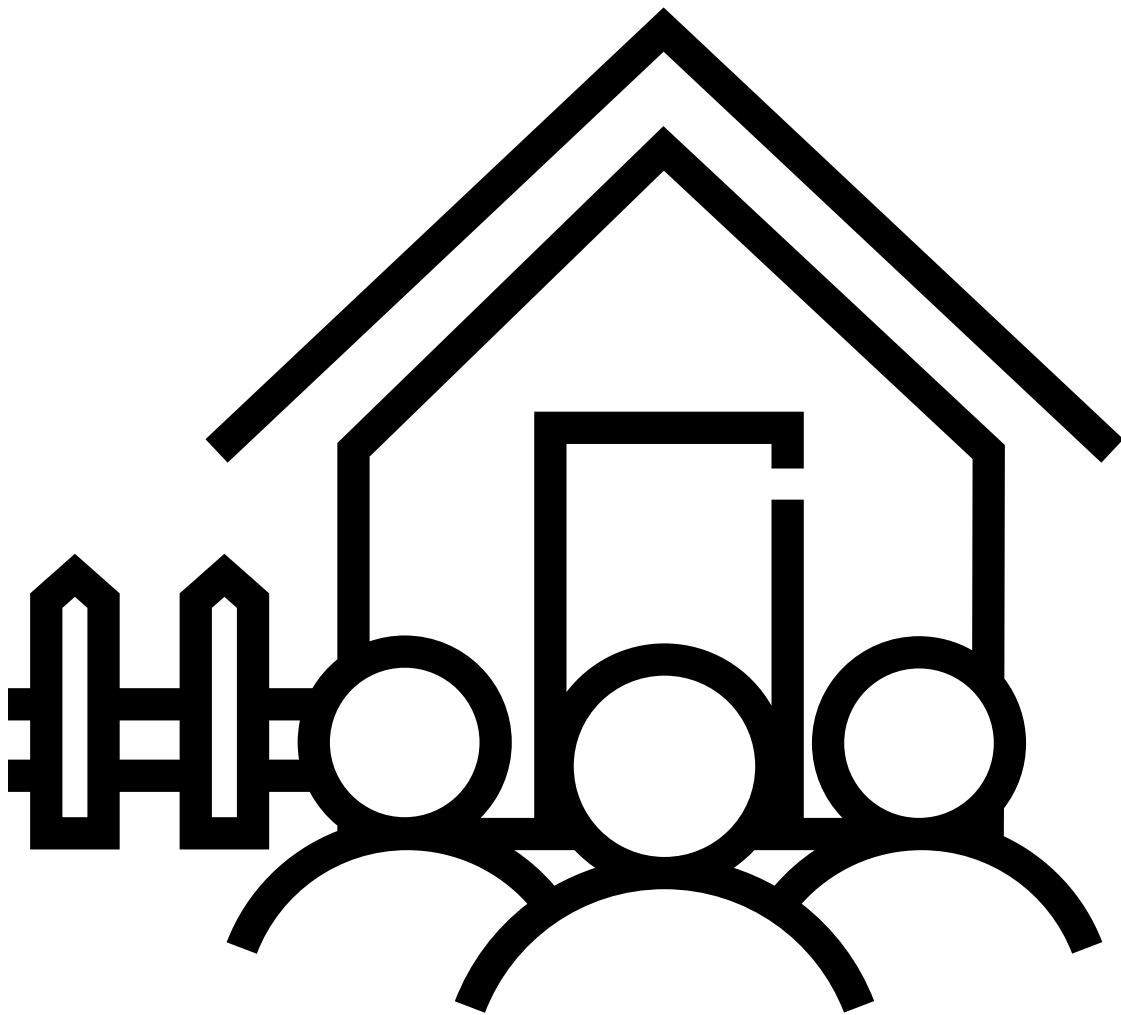
Limit outings to essential reasons



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AND OTHERS**

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Only gather with people you live with



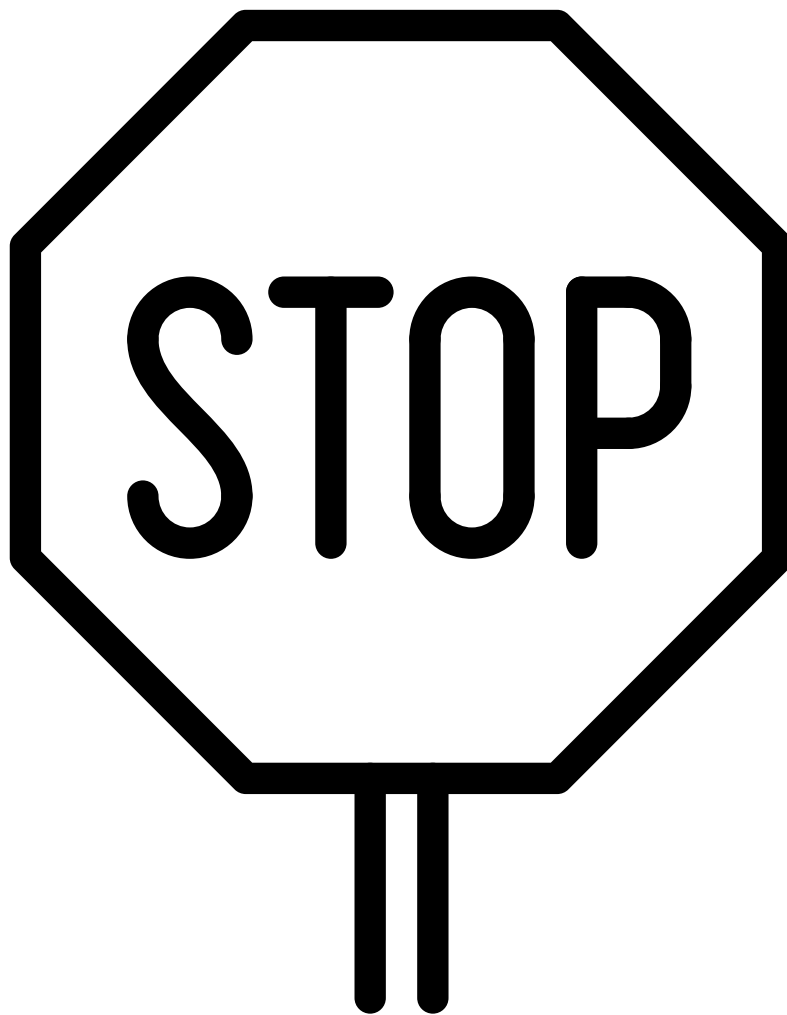
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Avoid travel outside our district



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Use outdoor spaces for recreation and exercise



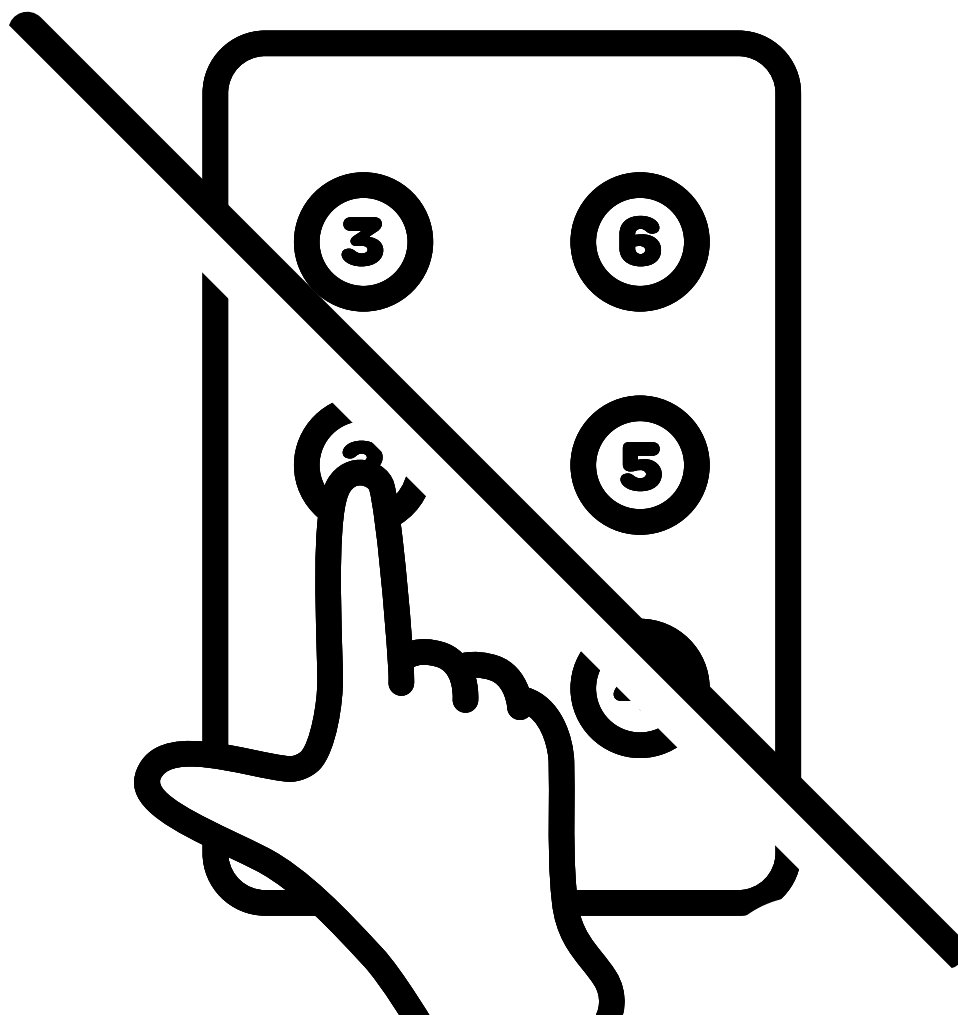
**PROTECT YOURSELF
AND OTHERS**

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Minimize contact with high touch surfaces



**PROTECT YOURSELF
AND OTHERS**

Try not to touch your eyes, nose or mouth



PROTECT YOURSELF AND OTHERS

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