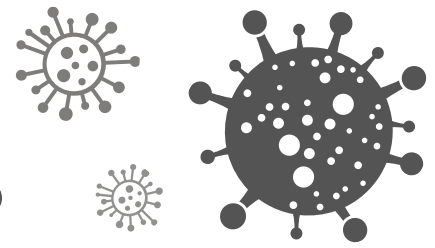
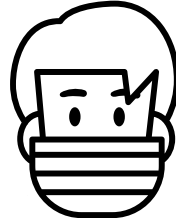


Coronavirus (COVID-19)

HOW TO PROTECT YOURSELF AND OTHERS



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



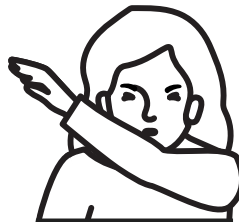
Wear a face covering when physical distancing is a challenge and in certain enclosed public spaces, unless exempt



If you have symptoms of COVID-19, immediately self-isolate and arrange to be tested



Avoid touching your eyes, nose or mouth

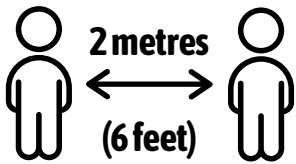


Cough and sneeze into your elbow, upper sleeve or a disposable tissue

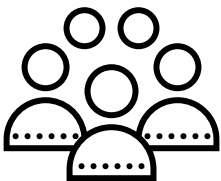


Clean high touch objects and surfaces often

WHAT IS PHYSICAL DISTANCING?



Practice physical distancing by staying at least 2 metres away from other people who are not part of your social circle (up to 10 people)



Limit gatherings to a maximum of 50 people indoors and 100 people outdoors

YOU ARE HIGH RISK IF:

- You are over age 70
- **OR**
- You have a pre-existing health condition
- **OR**
- You have a compromised immune system

Stay home and ask friends or family to run errands for you, if possible.

WANT MORE INFORMATION?

CALL THE HEALTH UNIT AT 1-800-563-2808

You can also get up-to-date information at: myhealthunit.ca/covid-19

Last Updated July 23, 2020

North Bay Parry Sound District

Health Unit



Bureau de santé
du district de North Bay-Parry Sound