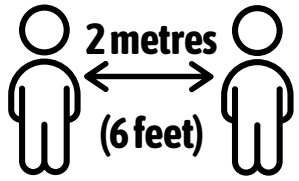
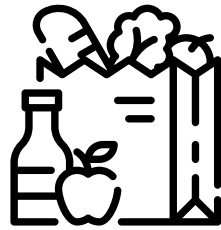


# EASY PRACTICES TO STAY SAFE



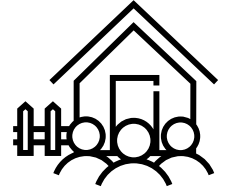
## Practice physical distancing

Stay 2 metres (6 feet) away from anyone you don't live with. If using the elevator, follow posted limits and wear a face covering. Consider using the stairs, if possible.



## Limit outings to essential reasons

such as attending school or work - if unable to work from home - and trips for groceries, medication, and medical appointments.



## Only gather with people you live with

This includes all spaces indoors and outdoors, such as in the hallways, laundry rooms, and private rooms. If you live alone, you can have close contact with one other home.

## Avoid contact with people who feel unwell

with new or worsening symptoms (mild or severe).



## Wash your hands often

with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer. If you leave your unit, wash your hands before leaving and as soon as you return.



## Wear a face covering

indoors and outdoors when a physical distance of two metres from others outside your unit is not possible, unless exempt.



## Use outdoor spaces for recreation

and exercise. Maintain physical distance.



## Avoid travel outside our district

Especially to areas with high numbers of COVID-19 cases, unless for emergencies or urgent medical appointments.

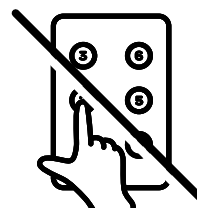
North Bay Parry Sound District  
**Health Unit**



**Bureau de santé**  
du district de North Bay-Parry Sound

## Minimize contact with high touch surfaces

such as doorknobs and handrails.  
Clean high touch surfaces in your unit often.



## Try not to touch your eyes, nose or mouth

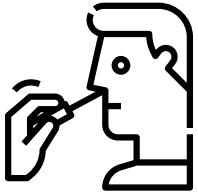
If you need to sneeze or cough, do so into your sleeve.



# WHEN YOU NEED TO STAY HOME

## DO NOT leave your apartment unit if you:

- Feel unwell with new or worsening symptoms (mild or severe)  
**OR**
- Have been in contact with someone who has been diagnosed with COVID-19  
**OR**
- Have been diagnosed with COVID-19  
**OR**
- Have travelled outside of Canada in the past 14 days



**If you are feeling unwell (even mild symptoms), self-isolate and get tested**

If you are unsure if you need to get tested, visit:  
[covid-19.ontario.ca/self-assessment](https://covid-19.ontario.ca/self-assessment)



**To get tested, call your local assessment centre and book an appointment**

Mattawa COVID-19 Assessment Centre, 705-744-5511 ext. 0  
Address: Hôpital de Mattawa Hospital, 217 Turcotte Pk Rd, Mattawa



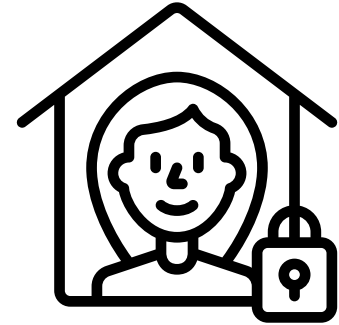
**It is law in our region that if you have COVID-19 symptoms, you must stay home and self-isolate**

For more information about this, visit: [myhealthunit.ca/covid-19classorder](https://myhealthunit.ca/covid-19classorder)



**If you are experiencing an emergency and need urgent medical care, call 911**

Complications from COVID-19 can include serious conditions, like pneumonia or kidney failure and, in some cases, death.



**We recommend staying home as much as possible if you:**

- You are over age 70  
**OR**
- You have underlying medical conditions  
**OR**
- You have a compromised immune system

**Ask friends or family to run errands for you, if possible.**

## For more information

Visit [myhealthunit.ca](https://myhealthunit.ca)  
or call the Health  
Unit toll free at  
1-800-563-2808

North Bay Parry Sound District  
**Health Unit**  
 2m 6ft  
**Bureau de santé**  
du district de North Bay-Parry Sound