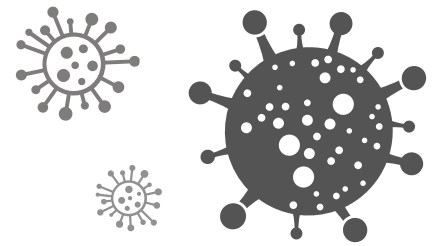


# Coronavirus (COVID-19)

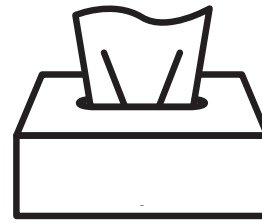
## HOW TO PROTECT YOURSELF AND OTHERS



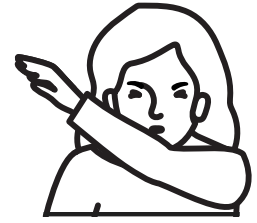
Wash your hands often



Use alcohol-based hand sanitizer if soap and water are not available



Cough and sneeze into tissues and throw away



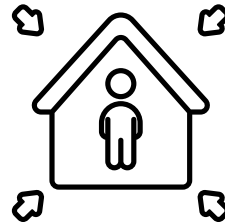
Cough and sneeze into your elbow



Avoid touching your eyes, nose or mouth



Avoid contact with a person who is sick



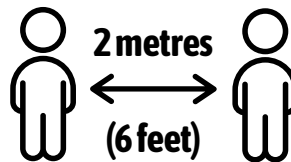
Stay home or wherever you are living



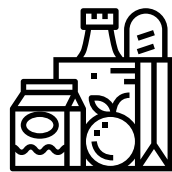
Clean high touch objects and surfaces often

### WHAT IS PHYSICAL DISTANCING?

Practice physical distancing by staying at least 2 metres away from other people.



Do not visit friends, family or neighbours



Only leave home for essential reasons



Avoid sharing drinks, utensils and cigarettes

### 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.**

**FEELING SICK OR 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](https://myhealthunit.ca/covid-19)