

Help reduce the spread of COVID-19

As COVID-19 will continue to spread at different levels in communities, it's important that you:



stay up to date with your COVID-19 vaccinations



pay attention to public health alerts and signals in your area



think about the risks and make informed decisions on the use of individual public health measures



consult travel advice, advisories and health notices before travelling

Layering individual public health measures helps to protect you and others from COVID-19.



Stay home when you're sick or experiencing any COVID-like symptoms, even if mild.

Rapid tests may be used to identify quickly if you have COVID-19, so you can isolate if the result is positive.



Wear a well-fitting respirator or mask in public indoor settings, even when not required.



Improve indoor ventilation in your home or co-living setting.

Open windows and doors regularly, if possible, even for a few minutes at a time.

Take actions to ensure your heating, ventilation and air conditioning (HVAC) system is properly installed, maintained and operational.



Cough and sneeze into a tissue or the bend of your arm (not your hand) if you're not wearing a mask.

Throw used tissues in a plastic-lined waste container and clean your hands right away.





Clean your hands regularly by: washing with soap and water for at least 20 seconds or

using an alcohol-based hand sanitizer containing at least 60% alcohol



Clean and disinfect high-touch surfaces and objects with approved products.

For more information:  1-833-784-4397  Canada.ca/coronavirus



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