HELP REDUCE THE SPREAD OF COVID-19

TOGETHER, WE CAN TAKE THE FOLLOWING STEPS TO SLOW THE SPREAD OF COVID-19

- follow the advice of your local public health authority
- wash your hands often with soap and water for at least 20 seconds
- use an alcohol-based hand sanitizer containing at least 60% alcohol if soap and water are not available
- try not to touch your eyes, nose or mouth
- cough and sneeze into your sleeve and not your hands
- avoid close contact with people who are sick and practice physical distancing
- avoid non-essential community and cultural gatherings and keep a physical distance between each other (approximately 2 metres)
- wash your hands often with soap and water for at least 20 seconds
- use an alcohol-based hand sanitizer containing at least 60% alcohol if soap and water are not available
- try not to touch your eyes, nose or mouth
- cough and sneeze into your sleeve and not your hands
- avoid close contact with people who are sick and practice physical distancing
- avoid non-essential community and cultural gatherings and keep a physical distance between each other (approximately 2 metres)

SYMPTOMS

Symptoms of COVID-19 may be very mild or more serious and may take up to 14 days to appear after exposure to the virus. The most common symptoms include:

- FEVER
- COUGH
- DIFFICULTY BREATHING

IF YOU HAVE SYMPTOMS

- Isolate at home to avoid spreading illness to others.
- Avoid visits with older adults, elders, or those with medical conditions. They are at higher risk of developing serious illness.
- Call ahead before you visit a health care professional or call your local public health authority.
- If your symptoms get worse, contact your health care provider or public health authority right away, and follow their instructions.

FOR INFORMATION ON COVID-19:

1-833-784-4397  canada.ca/coronavirus