



# HELP REDUCE THE SPREAD OF COVID-19

## TAKE STEPS TO REDUCE THE SPREAD OF THE CORONAVIRUS DISEASE (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



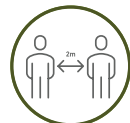
try not to touch your eyes, nose or mouth



avoid close contact with people who are sick and practice physical distancing



cough and sneeze into your sleeve and not your hands



stay home as much as possible and if you need to leave the house practice **physical distancing** (approximately 2 m)

## SYMPTOMS

**Symptoms** of COVID-19 can:

- ▶ take up to 14 days to appear after exposure to the virus
- ▶ be very mild or more serious
- ▶ vary from person to person

## IF YOU HAVE SYMPTOMS



**Isolate** at home to avoid spreading illness to others.



Avoid visits with older adults, 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](https://canada.ca/coronavirus)