Help reduce the spread of COVID-19

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

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

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

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