

Don't Let Your Guard Down



Against COVID-19



Until community immunity is achieved from vaccination, it's important to continue following public health measures to keep yourself and others safe:



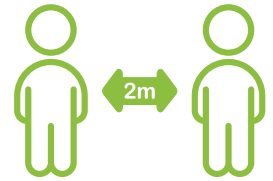
Wear a well-constructed, well-fitting mask when in a shared space (indoors and outdoors) with others outside your household.



Stay at home and away from others if you feel sick



Limit interactions with people outside of your household and keep them brief



Keep the greatest physical distance possible (at least 2 metres) apart from others



Practice respiratory etiquette (e.g., cough/sneeze in your elbow or tissue)



Wash your hands (or use hand sanitizer) often and for at least 20 seconds



Clean and disinfect frequently touched surfaces and objects



Exercise outdoors



Avoid settings and activities that increase your risk:

- Closed spaces with poor ventilation
- Crowded places with people outside of your immediate household
- Close-range conversations or settings where there is singing, shouting, or heavy breathing (e.g., exercise)
- Gathering in large groups
- Common greetings such as hugs, kisses and handshakes
- Contact with people at risk of more severe illness (older adults, those with underlying medical conditions)
- Touching your eyes, nose, or mouth with unwashed hands
- Non-essential travel

Stay informed, be prepared, and follow guidance from the Public Health Agency of Canada

More Information: <https://www.canada.ca/coronavirus>