COVID-19 | STOP the spread

HOW TO PROTECT YOURSELF AND OTHERS

• WASH your hands often with soap and water (for at least 20 seconds)
• AVOID touching your face
• DON’T greet people by shaking hands, hugging or kissing
• LIMIT your contact with groups and close contact with people, especially those who are sick (at least 2 metres)
• CANCEL all non-essential and international travel
• CLEAN high-touch objects and surfaces often
• WEAR a non-medical mask when physical distancing is not possible or unpredictable

MAIN SYMPTOMS TO LOOK FOR

FEVER | COUGH | SORE THROAT | SHORTNESS OF BREATH*

IF YOU ARE SICK

• STAY home (even if symptoms are mild)
• COVER coughs and sneezes with your elbow
• COMPLETE symptom checker (ca.thrive.health/covid19/en)
• FOLLOW your public health authority’s recommendations

Keep your distance, stop the spread
To learn more, visit canada.ca/coronavirus

* Other symptoms may be an indicator of COVID-19 infection