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 meters)
• **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)
  (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