

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

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