

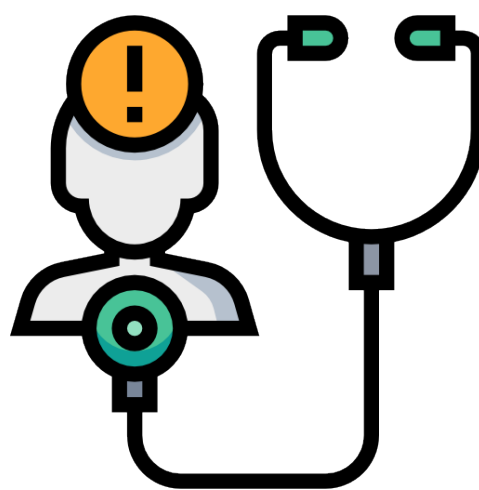
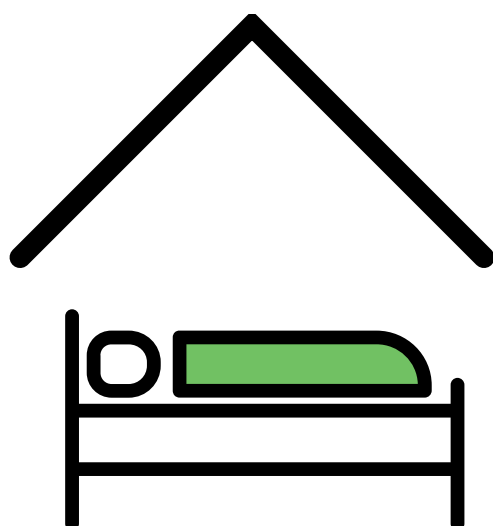
STAY VIGILANT TO STOP THE SPREAD OF COVID-19!



AS MUCH AS POSSIBLE

KEEP PROTECTING YOURSELF AND OTHERS

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Cover your nose and mouth with a tissue or sleeve when sneezing or coughing.
- Do not touch your face with unwashed hands.
- Keep a distance of at least 2 arms lengths (approximately 2 metres) from others, as much as possible.



STAY HOME IF YOU'RE SICK!

- Monitor your health more closely than usual for cold or flu symptoms.
- If you are ill, whether it might be a cold, allergies or COVID-19, please stay home. Contact your healthcare provider or call 811.
- If you don't feel better in 24-48 hours, seek medical care!