



# COVID-19

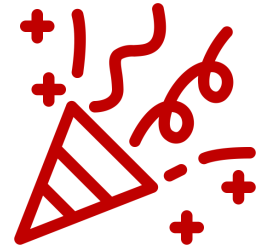
## ARE YOU SELF-ISOLATING?



**DO NOT** have VISITORS to your home



**DO NOT** go out for non-essential shopping or errands



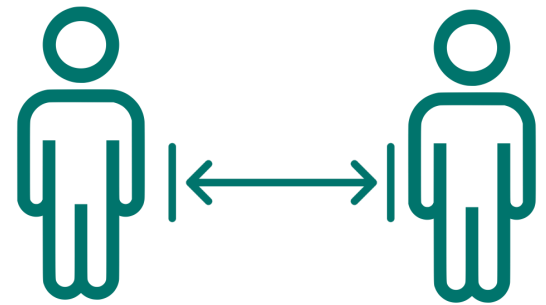
**DO NOT** host birthday parties, sleepovers, or large gatherings



**DO NOT** let children play with others from separate households



If you are sick, **ISOLATE** yourself from others in your household & **STAY HOME**



**KEEP AT LEAST 1-2m** between yourself & others when out for absolute essentials



Check in on loved ones through phone, email, video chat or social media



Wash your hands often for **AT LEAST 20** seconds



Keep **ALL** members of your household **at HOME**

**PLEASE DO EVERYTHING YOU CAN** to limit your exposure to Elders and those who have underlying health conditions.

**IT IS EVERYONE'S RESPONSIBILITY TO KEEP OUR COMMUNITY AND LOVED ONES SAFE!** hay čx<sup>w</sup> qə!

