



COVID-19: Community Advisory

SELF ISOLATION



We are asking **EVERYONE** to do our part to support this process. **Please be diligent about Self-Isolation.**

This means:

- **Keep ALL of your family members at home.**
- Do **NOT** have visitors to your home.
- Do **NOT** let children go to public places, including outdoor playgrounds. The Musqueam playground is **CLOSED**.
- Do **NOT** let children play with others from separate households.
- Do **NOT** leave your home unless absolutely necessary.
- **Please do everything you can to minimize exposure** for Elders & family members w/underlying health concerns.

If you must shop for essential food or medicines, avoid touching surfaces, interact with as few people as possible, try to avoid getting too close (nearer than two metres). Be sure to wash your hands thoroughly, and often.

Self Isolation needs to be taken very seriously by everyone in order to protect our loved ones and our community.