

# COVID-19 SAFETY PRECAUTIONS

As the COVID-19 pandemic evolves, the health and safety of all clients is paramount.

While we want you to take care of your physical and mental well-being by practising self-care, please stay home if you answer “yes” to any of the following:

- Have you **traveled to anywhere outside of Canada?**
- Have you been in **close contact with a confirmed or probable case of COVID-19?**
- Are you experiencing any **primary COVID-19 symptoms** such as a new cough or a chronic cough that is worsening, fever, sore throat, runny nose, new or worsening shortness of breath or difficulty breathing?
- Are you experiencing any **secondary COVID-19 symptoms** such as a stuffy nose, painful swallowing, headache, chills, muscle or joint pain, gastrointestinal symptoms, loss of sense of smell or taste, or conjunctivitis (pink eye)?

## HOW TO STAY SAFE



**WASH** your hands with soap and water often



**AVOID** touching your eyes, hands, nose, and mouth



**DISINFECT** frequently touched objects and surfaces



**COVER** your nose and mouth with your elbow or a tissue when coughing and sneezing



**DO NOT** shake hands. Try to stay at least two metres away from people when in public

## STAY INFORMED

The best thing you can do is regularly check government health services for updates on the current status of the disease, best hygiene practices to reduce the spread of the virus, and how communities can stay prepared.

