



Protect Yourself From COVID-19



**Each of us plays a role in protecting our communities and loved ones.
Follow these tips to prevent COVID-19 and stop the spread of germs!**

- Remember to wash your hands frequently with soap and water, and encourage others to do the same. If you can't wash your hands, then use hand sanitizer.
- Try to avoid touching your face.
- Frequently clean and sanitize door handles, washrooms and surfaces that are touched often.
- Recommend that people sneeze and cough into a tissue or their elbow.
- Practise physical distancing by staying at least two metres (six feet) away from other people.
- For now, we cannot use usual greetings such as handshakes, hugs, and kisses. Safe greetings include a wave, a nod, or a bow.
- Make sure to wash your hands before and after eating, and don't share plates or utensils with others.
- If you are not feeling well, please stay home from work or work from home. This will keep those around you safer.
- Limit unnecessary travel and avoid gathering with others.
- If you have traveled out of the country, you should self-isolate for 14 days upon return.

During this time, it is important to check in with yourself and others—if you aren't feeling 100%, it is better to stay home for now. Thank you for doing your part to keep your community safe!

Learn more and get all COVID-19 updates at www.fnha.ca/coronavirus