



# COVID-19 Update



## Wash your hands.

Limit the spread by washing your hands often:

- Use soap and water.
- Scrub for at least 20 seconds.



## Limit the spread.

- Cough and sneeze into the bend of your arm or cover your mouth and nose with a tissue.
- Don't touch your eyes, nose, or mouth.
- Stay home if you are sick.
- Avoid close contact with people who are sick.



## Monitor your health after travelling outside of Canada.

- Watch for symptoms including fever, cough, or difficulty breathing for 14 days after you get home.
- If you have symptoms isolate yourself from others, and call your health care provider (HCP), Telehealth Ontario, or KFL&A Public Health.



## Be prepared to stay home if you or someone in your household becomes sick.

- Fill prescriptions.
- Have a supply of over the counter medication.
- Slowly add to your supply of non-perishable food items.