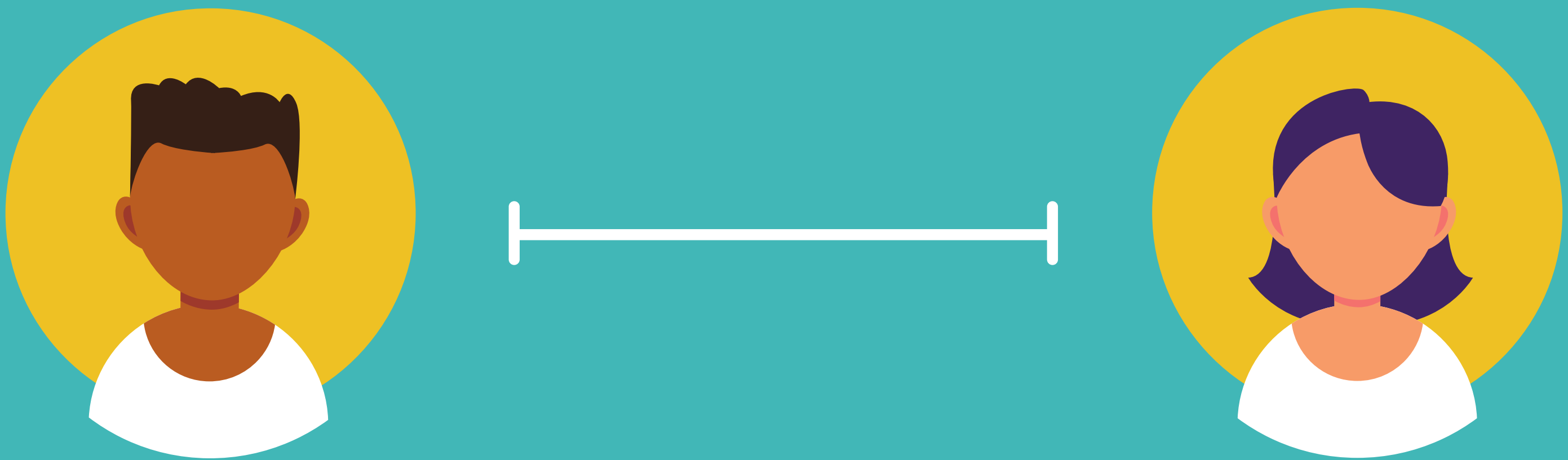


SOCIAL DISTANCING



WHAT IS SOCIAL DISTANCING?

It includes ways to stop or slow the spread of infectious diseases such as COVID-19. This means less contact with you and other people.

WHAT CAN YOU DO?

If you are sick, stay away from others. This is important. You can also practice healthy hand and sneeze/cough hygiene.

- Wash your hands regularly with soap and water
- Sneeze or cough into your elbow
- If unwell, stay more than 2 meters away from other people

SOCIAL DISTANCING AT HOME

To reduce the spread of germs, please do the following:

- Regularly disinfect high use items such as door knobs, tables, etc.
- Avoid hand shaking, hugging and kissing
- Increase ventilation in the home by opening windows or adjusting air conditioning
- Go to the store only when necessary and wash hands afterwards

SOCIAL DISTANCING



SOCIAL DISTANCING IN THE WORKPLACE

To reduce the spread of germs, please do the following:

- Stay at home if you are sick
- Stop handshaking
- Holding meetings via video conference or phone calls
- Provide hand sanitizer for staff
- Eat your lunch at your desk instead of at the lunch table
- Regularly disinfect high touch areas such as keyboards, desks, etc.
- Limit food sharing in the workplace. Instead have individually wrapped items for sharing
- Reschedule large gatherings such as meetings, workshops, etc.

SOCIAL DISTANCING IN PUBLIC

To reduce the spread of germs, please do the following:

- Sanitize your hands whenever possible
- Use tap to pay instead of handling money
- Try to attend stores at quiet times to reduce crowds

If you are in need of help regarding your mental health, please don't hesitate to reach out to our Service Navigation Hub at 204-775-6442