Build Community Immunity

Protect Yourself, Loved Ones, & Your Community

Use **social distancing** to build community immunity against COVID-19

www.algomapublichealth.com/COVID-19



Build community immunity through social distancing and personal prevention.

The COVID-19 virus can only spread through direct touch or through infected droplets from coughing or sneezing.

Advice and tips:

- Avoid direct contact (touching) with people outside of your immediate family.
- Stay 2 metres (6 feet) apart from one another.
- Wash your hands often with soap and water for 20 seconds, or use alcoholbased hand sanitizer.
- Don't touch your nose or your mouth, unless you have just washed your hands.
- Avoid visiting older adults or people with medical conditions who are at high risk of severe illness.
- Stay connected virtually with technology. Stay 2 metres (6 feet) apart when chatting in person.
- Stay healthy and <u>active</u> by eating <u>nutritious</u> meals and taking advantage of Algoma's natural spaces – do this if you have no symptoms and can stay 2 metres (6 feet) apart from others.
- Take care of your mental health. Keep a routine. Practice self-care. Take breaks from the news media. Stay connected with friends and family by phone, email or with social media.
- If you are sick, stay home until you no longer have any symptoms. Sneeze or cough into your arm or sleeve.

WHAT IS SOCIAL DISTANCING?

Social distancing means avoiding close contact with others to prevent the spread of COVID-19 and can include:



Avoiding non-essential trips in the community





Limiting, postponing or cancelling gatherings



Working from home, where possible



Conducting meetings virtually



Keeping kids away from group settings

Avoiding visits to long-term care homes and other care settings

Keep a distance of 6 feet from others when going for walks or shopping for groceries.

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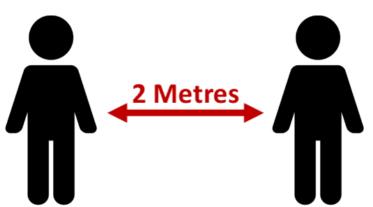


ATTENTION

DO NOT enter if you are experiencing any of the following symptoms:

- fever
- cough,
- and/or difficulty breathing

Please practice social distancing and try to maintain a distance of 2 metres from those around you.



Thank you for keeping our community safe!

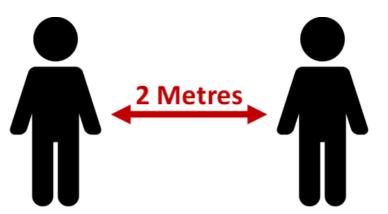
Stay up-to-date with current information:

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WASH YOUR HANDS



WET HANDS



SOAP & LATHER (20 SEC.)



RINSE



Always wash your hands BEFORE:

Handling ready-to-eat foods
Starting work
Preparing food
Eating
Handling clean utensils, silverware, plates

Always wash your hands AFTER:

- · Handling raw foods, especially meat and poultry
- Eating or smoking
- Taking out the garbage
- · Cleaning food preparation areas
- · Cleaning washrooms
- · Sneezing, coughing, or blowing your nose
- Going to the washroom
- · Touching your hair, face or body
- Touching anything else that may contaminate hands (including money)
- · Petting an animal

TOWEL DRY



TURN OFF TAP WITH TOWEL



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