Physical Distancing

Protect yourself and the community.

Leave home only if you absolutely have to and make sure to practice physical distancing.

Take these steps to avoid the spread of COVID-19

- Avoid close contact with those outside your immediate family
- Wash your hands often, and for 20 seconds
- Don’t touch your face (eyes, nose or mouth)

www.algomapublichealth.com/COVID-19
Call: 705-759-5404 or 1-866-892-0172 ext. 5404
Welcome home. Go straight home.

While you were travelling, you may have been exposed to COVID-19. Staying home means that if you are sick, you do not spread the virus in the community.

- Do not use public transit
- Do not go out into public places
- Do not go get groceries or run errands
- Go straight home

If you need community support, visit our website for resources available in Algoma.
Feeling sick?
Get home quick!

If you have cold or flu-like symptoms, STAY HOME. Protect your community.

- Cough or sneeze into a tissue or into the elbow of your sleeve
- Wash your hands often, and for 20 seconds
- Worried you may have COVID-19? Call your healthcare provider or Algoma Public Health
- Stay home for 14 days if you have confirmed or possible COVID-19
- Call 911 if you start to feel very unwell (sick)

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