

# Build *Community Immunity*

## Protect Yourself, Loved Ones, & Your Community

Use **social distancing** to build community immunity against 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 alcohol-based 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 [active](#) by eating [nutritious](#) 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.**

# 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:**

[www.algomapublichealth.com/COVID-19](http://www.algomapublichealth.com/COVID-19)



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# WASH YOUR HANDS



WET HANDS



SOAP & LATHER  
(20 SEC.)



RINSE



TOWEL DRY



TURN OFF TAP  
WITH TOWEL

## 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



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