

# Reopen Safely Algoma

## **Protect yourself, loved ones, & your community**

Please feel free to use these posters for your workplaces and in community spaces to help protect our community.



The COVID-19 virus spreads through direct touch or infected droplets from coughing or sneezing. Virus transmission can happen even before a person has any symptoms.

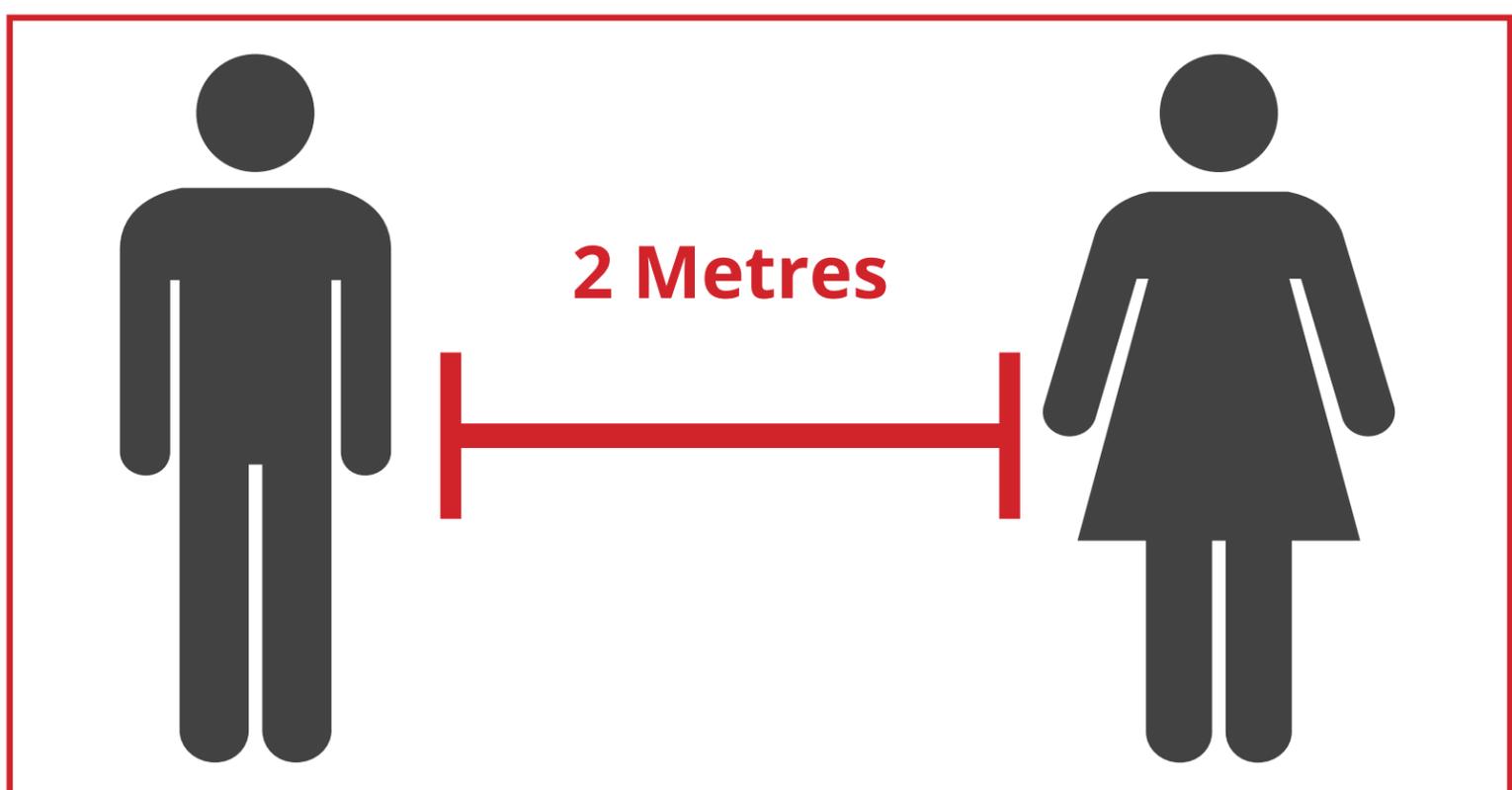
#### Advice and tips:

- Avoid direct contact (touching) with people outside of your immediate family.
- Stay 2 metres (6 feet) apart from one another.
- Track your close contacts - write down the name, place, and date/time of contact. This helps you remember your exposure risks and can help public health contact tracing.
- 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.

# Physical Distancing

**Protect yourself and the community.**

If you are back at work or running an essential errand, practice **physical distancing** at all times.



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# Take control.

# Start tracking.

## Got too close?

Record any instance of close contact.

- closer than 2 metres
- coughed or sneezed on
- direct physical contact

This information helps public health with contact tracing and helps **YOU** know if you are at risk.

Write down the **name, place, and date/time** of contact.

# DON'T GET TOO CLOSE

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community.

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# Protect our team

Feeling sick?  
Stay home.



*Algoma*  
PUBLIC HEALTH  
Santé publique Algoma



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