



# HELP REDUCE THE SPREAD OF COVID-19

## TOGETHER, WE CAN TAKE THE FOLLOWING STEPS TO SLOW THE SPREAD OF COVID-19



follow the advice of your **local public health authority**



**wash your hands** often with soap and water for at least 20 seconds



use an alcohol-based hand sanitizer (at least 60% alcohol) **or an approved non-alcohol based hand sanitizer**, if soap and water are not available



try not to touch your eyes, nose or mouth



cough and sneeze into your sleeve and not your hands



avoid close contact with people who are sick and practice **physical distancing**



avoid non-essential community and cultural gatherings and keep a physical distance between each other (approximately 2 metres)

## SYMPTOMS

**Symptoms** of COVID-19 may be very mild or more serious and may take up to 14 days to appear after exposure to the virus. The most common symptoms include:



**FEVER**



**COUGH**



**DIFFICULTY BREATHING**

## IF YOU HAVE SYMPTOMS



**Isolate** at home to avoid spreading illness to others.



Avoid visits with older adults, elders, or those with medical conditions. They are at higher risk of developing serious illness.



Call ahead before you visit a health care professional or call your local public health authority.



If your symptoms get worse, contact your health care provider or public health authority right away, and follow their instructions.

## FOR INFORMATION ON COVID-19:

1-833-784-4397

[canada.ca/coronavirus](https://canada.ca/coronavirus)



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

Canada