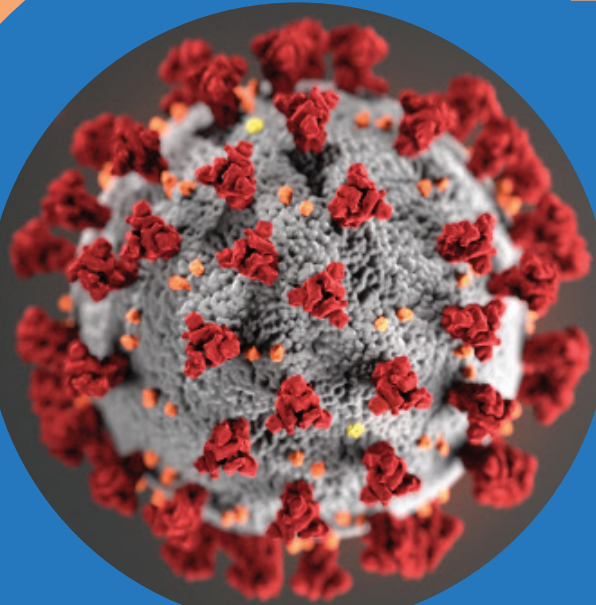


PROTECT YOURSELF AGAINST COVID-19



Everyone is encouraged to educate and take care of themselves, and to practice effective handwashing and good respiratory hygiene. Staff and volunteers are encouraged to monitor the health of others and to educate them about these measures.

WE RECOMMEND THE FOLLOWING PROCEDURES:

- 1.** Stay home if you're feeling sick or unwell (unless directed to seek medical care). If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Phone Health Links: In Winnipeg - 204-788-8200 OR Toll Free MB - 1-888-315-9257
- 2.** Wash hands with soap and water frequently (for at least 20 seconds). Clean between fingers, thumbs, nails and jewelry. Rinse and dry – air dry if possible.
- 3.** Do not touch your face/eyes/mouth with unwashed hands.
- 4.** Practice effective respiratory hygiene. Cough or sneeze into a tissue, or cover your mouth and nose with your bent elbow. Dispose of the tissue and wash your hands immediately afterward.
- 5.** Avoid handshakes & hugs. Minimize prolonged (more than 10 minutes) and close (less than two meters/six feet) contact between other individuals.