

Facebook

Simple, easy and routine hygiene practices can reduce the spread of germs and help protect your health:

- Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer
- Sneeze and cough into your sleeve
- Avoid touching your eyes, nose, or mouth
- Wear a face covering when physical distancing is not possible or may be hard
- Practice physical distancing from those outside your 10-person social circle – 6ft or 2m apart
- Clean high touch surfaces frequently
- Change how you greet one another - instead of a handshake, hug or kiss give a friendly wave from at least 2 meters away
- Avoid contact with people who have symptoms of COVID-19
- Stay home if you have symptoms of COVID-19. If you have symptoms, immediately isolate yourself and arrange to be tested.

Information from the North Bay Parry Sound District Health Unit, www.myhealthunit.ca