

How to Physical Distance & Self-Isolate

You must isolate yourself from others if you have a fever, new cough, difficulty breathing or may have been exposed to COVID-19. If you start to feel worse, contact your staff.



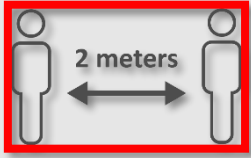
Stay home

- Do not go to grocery store, Circle K or public places.

Avoid contact with others

- No visitors except staff
- Stay away from people who are coughing, sneezing.
- Keep in Touch by making phone calls or texts with friends.
- Keep a distance of at least two metres from others at all times.



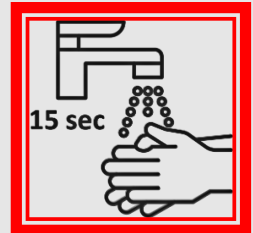


Keep your distance

- Keep a distance of at least two metres and wear a mask that covers your nose and mouth if you are coughing

Wash your hands

- Wash your hands often with soap and water.
- Dry your hands with cloth towel that no one else will share.
- Use an alcohol-based hand sanitizer if soap and water are not available.



Sharing food or utensils

Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Cough or sneeze into your upper sleeve or elbow, not your hand.
- Throw used tissues in a wastebasket, and wash your hands.
Lining the wastebasket with a plastic bag makes waste disposal safer.
- Clean your hands after emptying the wastebasket.

