HELP PREVENT COVID-19





Maintain a **2 metre** (6') distance with others.



Everyone should avoid group settings.



Wash hands with soap and water thoroughly and often.



Avoid non-essential trips in the community.



Keep surfaces clean and disinfected.



Stay home if you are sick.

If you have symptoms of COVID-19 (fever, cough, or difficulty breathing) and have recently travelled outside of Canada, self-isolate at home and call us at 519-258-2146 ext. 1420 or call Telehealth Ontario at 1-866-797-0000.



