

Weathering COVID-19

Safety Measures

To ensure everyone's well-being, our team is committed to these

Keep protecting yourself and others:

- Wear a mask or face covering that completely covers the nose and mouth
- Physical distance
- Avoid the 3 C's: spaces that are Closed, Crowded, or involve Close contact
- If it is necessary to meet with someone, do it outside and wear a mask/ face covering if you cannot maintain 2 meters
- Avoid close contact with someone who is sick
- Cough into a bent elbow or tissue
- Avoid touching your eyes, nose and mouth
- Clean your hands often and thoroughly with an alcohol-based cleaning agent or with soap and water
- Clean and disinfect surfaces frequently, especially those that are regularly touched



What should you do if you are feeling unwell?

- Follow guidance from your local public health authority
- Know the signs and symptoms of COVID-19
- Stay home and self-isolate even
- If your symptoms are minor, such as a cough, headache, and a mild fever
- Determine if you should be tested using the COVID-19 self-assessment at covid-19.ontario.ca/self-assessment/
- If you are experiencing a fever, cough, and shortness of breath or difficulty breathing, seek medical attention immediately

COVID-19 QUESTIONS?

Contact us, or Public Health Sudbury & Districts, or Telehealth (1-866-797-0000)



Together, let's do our part to keep each other healthy.