

## Take care of others by taking care of yourself

Sometimes called coronavirus, COVID-19 is spread by droplets when a person coughs or sneezes. If you are in close contact with someone who is infected, the virus can enter your body when you touch your eyes, nose or mouth.

The best way to protect yourself and reduce the spread of COVID-19 is to stay at least two metres (six feet) away from others.

While out on pass please protect yourself and the community from COVID-19 by:

- Social Distancing
- Stopping the spread of germs
- Cleaning your hands
- Wearing a Mask
- Not gathering in groups

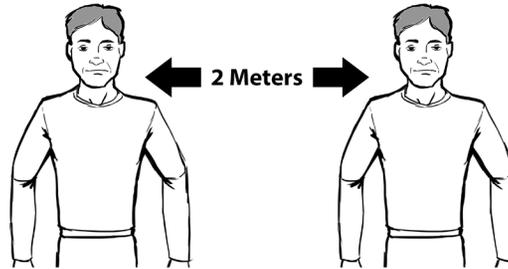
# COVID-19 Patient Education for Passes

## If you think you are experiencing symptoms of COVID-19, please speak with a member of your care team:

- Fever
- Sore Throat
- Loss of Appetite
- Chills
- Loss of sense of smell or taste
- Nausea and vomiting
- Cough or worsening of chronic cough
- Headache
- Muscle aches
- Shortness of breath
- Fatigue
- Runny nose
- Diarrhea

## Social Distancing

- Try your best to maintain social distancing by keeping two metres of space between yourself and others.
- Wear a mask when you cannot maintain social distancing.



## How to Put on a Mask

1. Clean your hands.
2. Put on your mask by looping the elastics around your ears.
3. Place mask over nose and under your chin.
4. Mold the metal piece around your nose to make a snug fit.
5. Adjust the mask minimally and avoid touching your face.



## Stop the Spread of Germs

- Use hand sanitizer frequently when you are outside, especially after touching surfaces that may have come in contact with other.
- Wash your hands with soap and water for at least 20 seconds when you use the washroom.
- Do NOT touch your face, eyes or mouth.



- Sneeze or cough into your elbow or into a tissue and throw it into the garbage.

