

There are ways to help prevent the spread of COVID-19:

- Wash your hands often. A great analogy is to pretend that you have just eaten a bag of cheesies and are about to fold a set of white towels.
- Engage in social distancing. Minimize contact with others during this outbreak. For more information, visit the Government of Canada website (<https://www.canada.ca/en.html>) on how to Reduce the spread of COVID-19 – Wash your hands (<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/reduce-spread-covid-19-wash-your-hands.html>)
- Think of those who are unable to look after themselves.
- If you have recently traveled, come into contact with someone who has recently traveled or are experiencing symptoms, you need to self-isolate and contact your health care provider.