

COVID-19

BE PREPARED, BE INFORMED, AND PROTECT YOURSELF

Hygiene is key to COVID-19 prevention.

Practicing basic hygiene measures can help protect yourself and others.



WASH YOUR HANDS
often with soap and water for 20 seconds.



COUGH OR SNEEZE
in a tissue or the bend of your arm. Wash your hands afterwards.



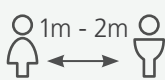
CLEAN SURFACES
that are often touched, like phones, toilets, door handles, etc.



AVOID TOUCHING
your eyes, nose and mouth with unwashed hands.

Social distancing measures can help reduce the number of new cases, and protect communities.

- Self-isolation is essential if you have symptoms or are diagnosed. Stay home if you do not need medical assistance.
- Keep a distance between yourself and others, at work and in public places.
- Avoid crowds and large social events.



i COMMON SYMPTOMS

- Fever over 38°C
- Cough
- Difficulty breathing

PEOPLE MOST AT RISK

- Elderly people
- Immunocompromised people

If you have symptoms, do NOT go to the emergency or any clinic. Call 811 or your provincial public health authorities*.

Get support with my-benefits health

1. If you have concerns about COVID-19, call 1 877 847-8081 to talk to a Health Information Specialist.
2. Visit your health & wellness platform to find reliable, up-to-date information.