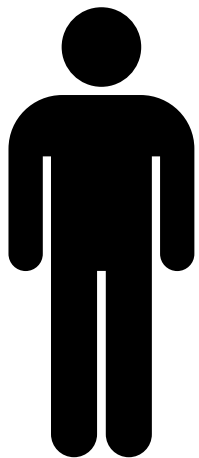


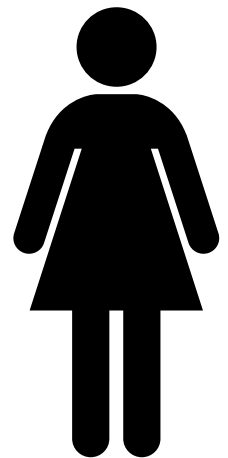
# Self Distancing is the New Self Care

#HelpStopTheSpread

"Social Distancing" means avoiding larger crowds, social gatherings and keeping six feet of distance between you and others!



**Maintain 2m (6ft) distance**



**Avoid in person contact  
Call or Email instead**



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# Ah, Ha, Ha, Ha, Stayin' Alive, Stayin' Alive!

#HelpStopTheSpread

## Wash your hands with soap for at least 20 seconds!

Hand washing chorus: "Whether you're a brother or  
whether you're a mother/ You're stayin' alive, stayin' alive/  
Feel the city breakin' and everybody shakin'/ And we're  
stayin' alive, stayin' alive/ Ah, ha, ha, ha, stayin' alive,  
stayin' alive/ Ah, ha, ha, ha, stayin' alive"

### The Right Way to Wash Your Hands



Wet hands under  
running water



Apply soap and rub  
palms together



Spread the soap lather  
over the backs of hands



Make sure soap gets  
in between fingers



Grip fingers on  
each hand



Make sure to clean  
thumbs



Press fingertips into  
palm of each hand



Dry thoroughly with clean  
towel or paper towel



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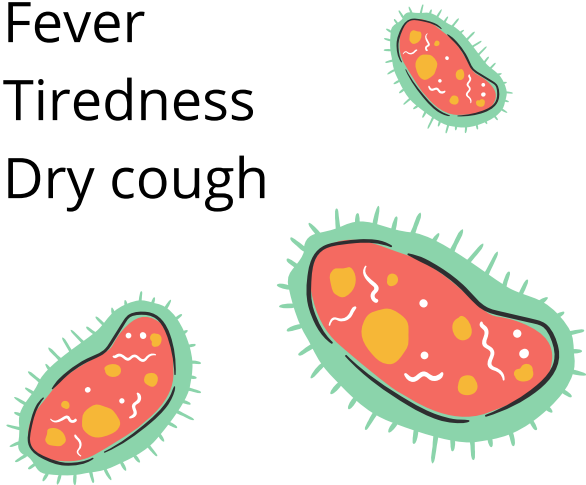
# Reduce your Risk Know the Signs of COVID-19

#HelpStopTheSpread

## Common Symptoms

### Include:

- Fever
- Tiredness
- Dry cough



## Other Symptoms

### Include:

- Shortness of breath
- Aches and pains
- Sore throat
- and very few people will report diarrhea, nausea or a runny nose

**Symptoms may appear 2 - 14 days after exposure.**

**DO NOT come into work and seek Medical advice immediately if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in or travelled to an area with ongoing spread of COVID-19.**



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Source: World Health Organization (WHO)

# YOUR Well-Being is Our #1 Priority!

#HelpStopTheSpread

## + WASH YOUR HANDS

Wash your hands with soap and warm water regularly.



## + COVER A COUGH OR SNEEZE

Cover your cough or sneeze with your sleeve, or tissue. Dispose of tissue and wash your hands afterward.



## + DON'T TOUCH

Avoid touching eyes, nose or mouth, especially with unwashed hands.



## + KEEP YOUR DISTANCE

Avoid close contact with people who are sick.



## + STAY HOME

If you experience respiratory symptoms like a cough or fever, stay home.



## + GET HELP

If you experience symptoms of COVID-19 (cough, fever, shortness of breath), call your health care provider or local health department before seeking care.



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**STOP !!!!**

**READ BEFORE YOU ENTER!**

#HelpStopTheSpread

**Although our Office is OPEN,  
If you FEEL you have recently  
been exposed to COVID-19,  
PLEASE DO NOT ENTER!**

-----

**IF YOU DO ENTER:  
WASH YOUR HANDS  
IMMEDIATELY  
UPON ENTERING OUR OFFICE!**



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**ATTENTION VISITORS:  
STOP !!!!  
READ BEFORE YOU ENTER!**

#HelpStopTheSpread

**Do You have: A Cold, Fever, Cough or respiratory distress?**

**Have You travelled internationally recently?**

**Have You been in contact with a person who has COVID-19?**

**If you have answered **YES** to any of these questions:**

**DO NOT ENTER!**

**Thank you for helping keep our Community Safe!**



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