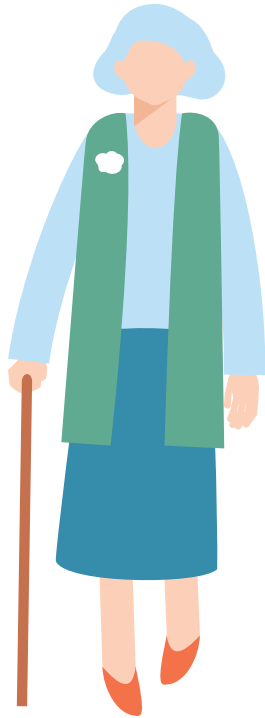


# We can help prevent the spread of COVID-19 by taking a few simple but important steps:



**Staying at least two metres (six feet) away from other people**

**Cleaning our hands**

**Coughing or sneezing into a tissue or our elbow, then cleaning our hands**

**Cleaning surfaces that we touch a lot**



## To ensure safe care:

**When health care workers provide care to you, they will come closer than two metres (six feet).**

However, they should stay six feet away from others when possible. This means people in the home who are not receiving care should stay at least six feet apart from the health care worker at all times.

**Keep your home care worker informed.**

Tell your home care worker if you or someone in your home has COVID-19 or thinks they might have it. It's also important for your home care worker to know if someone in your home is self-isolating or is recovering from COVID-19.

## Please remember:



Friends or family should only come to your home for things you really need. For example, they might deliver groceries or medication to your door.

**Your friends and family should NOT visit you during this time.**

**We need to work together to keep everyone safe.** Your actions will affect you, your loved ones and their care providers. By following these steps, you are also protecting the people in our communities who are most at risk. **Thank you for your help!**