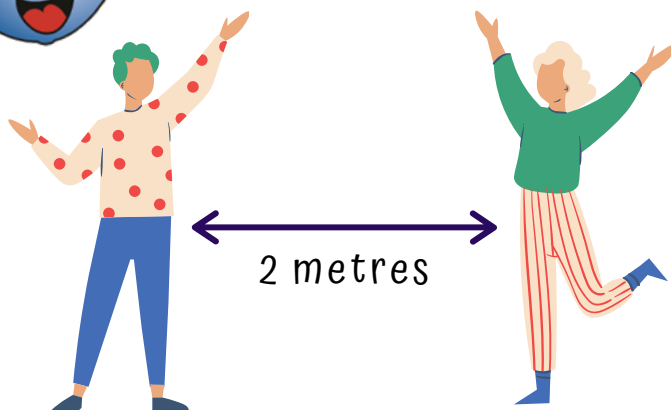


BERT'S GUIDE TO COVID-19



MAINTAIN PHYSICAL DISTANCING

KEEP AT LEAST 2 METRES (6 FEET) DISTANCE BETWEEN YOURSELF AND OTHERS WHO ARE NOT IN YOUR 10-PERSON SOCIAL CIRCLE. IF PHYSICAL DISTANCING IS A CHALLENGE, WEAR A FACE COVERING (I.E. A MASK)

WASH YOUR HANDS FREQUENTLY

REGULARLY WASH YOUR HANDS WITH SOAP AND WATER. IF THIS ISN'T POSSIBLE, USE HAND SANITIZER WITH AT LEAST 60 PERCENT ALCOHOL



AVOID TOUCHING YOUR EYES, NOSE AND MOUTH

OUR HANDS TOUCH MANY SURFACES THROUGHOUT THE DAY AND CAN PICK UP VIRUSES. IF THEY COME IN CONTACT WITH THE VIRUS, YOUR HANDS CAN TRANSFER IT TO YOUR EYES, MOUTH, AND NOSE.

IF YOU HAVE A FEVER, COUGH AND DIFFICULTY BREATHING, SEEK MEDICAL CARE EARLY

STAY HOME IF YOU FEEL UNWELL. IF YOU HAVE A FEVER OF AT LEAST 37.8°C, COUGH, DIFFICULTY BREATHING, AND OTHER SYMPTOMS OF AN UPPER RESPIRATORY TRACT INFECTION, SEEK MEDICAL ATTENTION AND CALL THE SIOUX LOOKOUT ASSESSMENT CENTRE (737-5880) IN ADVANCE FOR TESTING.

