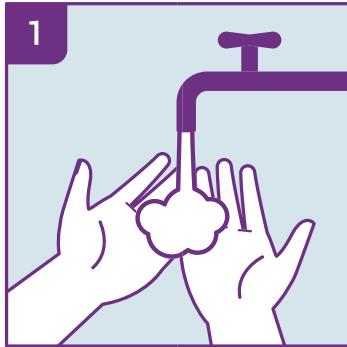
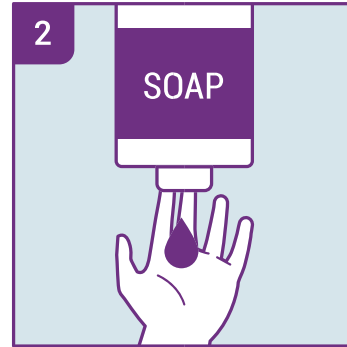


Wash Your Hands

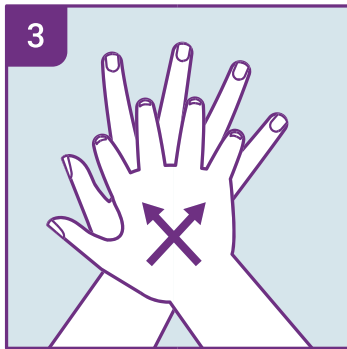
Stop the Spread of Germs!



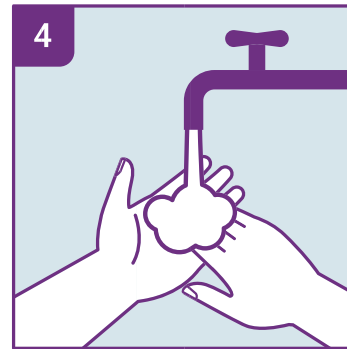
Wet hands.



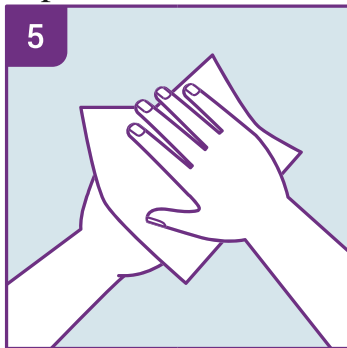
Apply soap. Lather for 15 seconds.



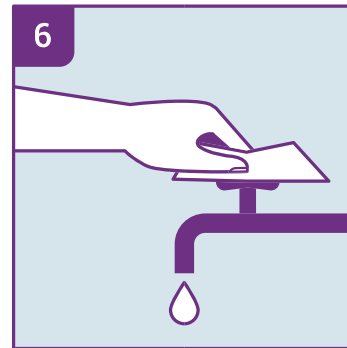
Rub between fingers, back of hands, fingertips, under nails.



Rinse well under running water.



Dry hands well with paper towel.

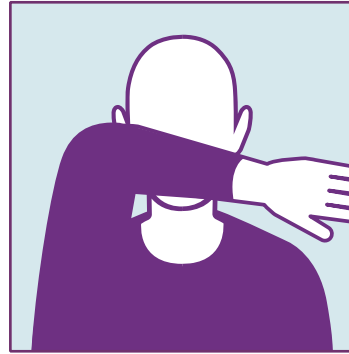


Turn taps off with paper towel, if available.

Stop the Spread of Germs!



Clean your hands



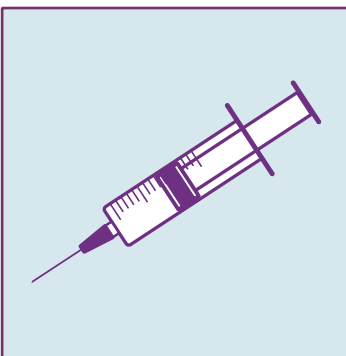
**Cover your nose or mouth
when you sneeze or cough**



Don't touch your face



**Stay home when you're
feeling sick**



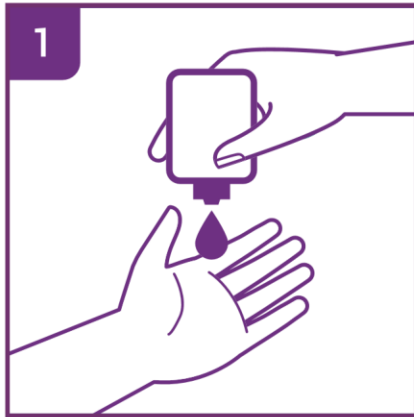
**Make sure your vaccines
are up to date**



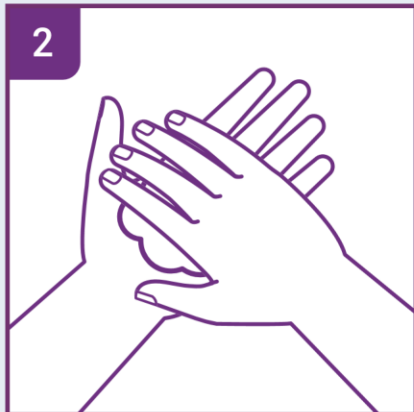
Clean and disinfect

Sanitize Your Hands

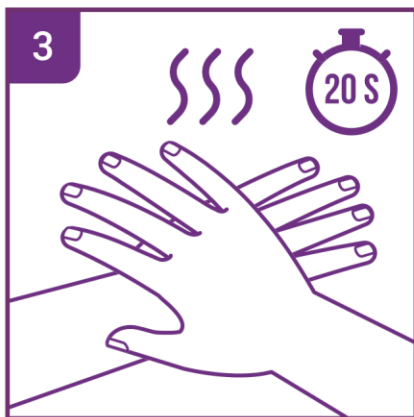
Stop the Spread of Germs!



Apply sanitizer
(minimum 60% alcohol-based).



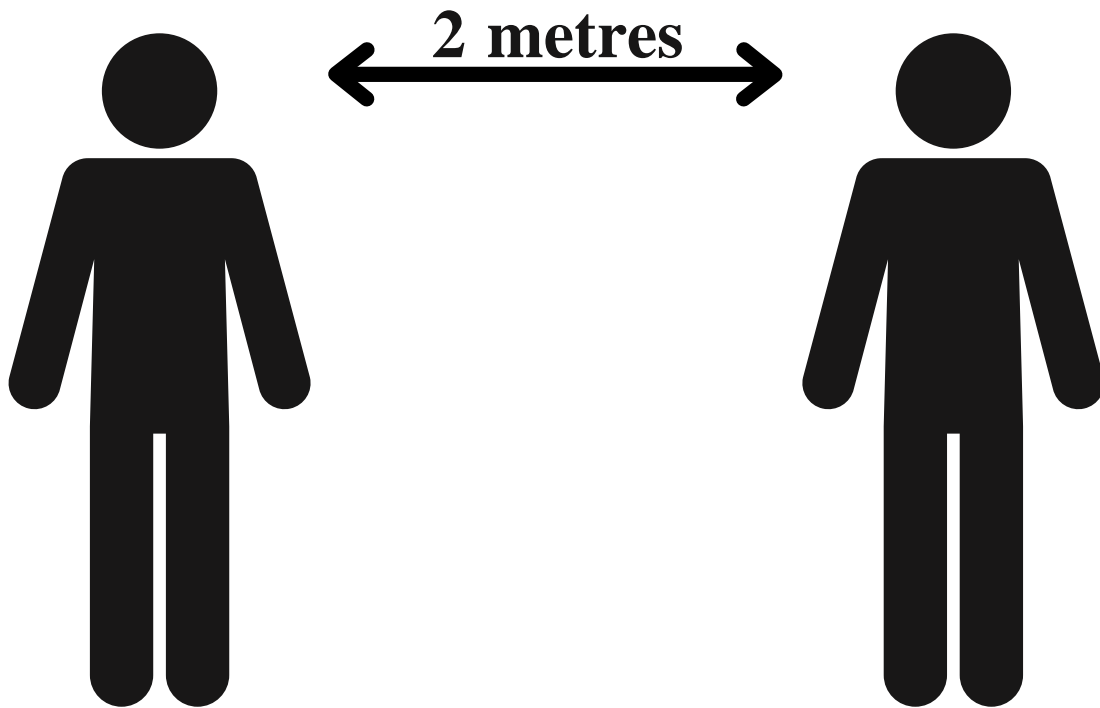
Rub hands together.



Work sanitizer between fingers,
back of hands, fingertips, under nails.
Rub hands until dry.

Help stop the spread of COVID-19

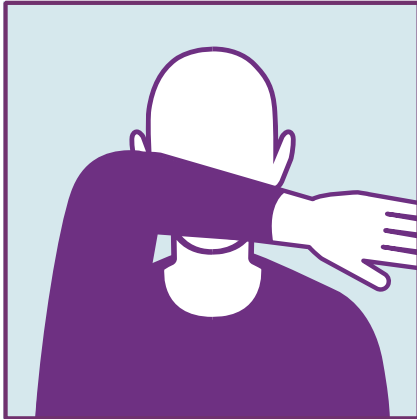
Please keep your physical distance.



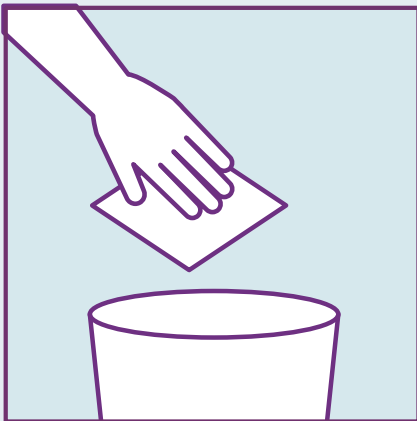
For more information visit TBDHU.com

Cover Your Mouth and Nose

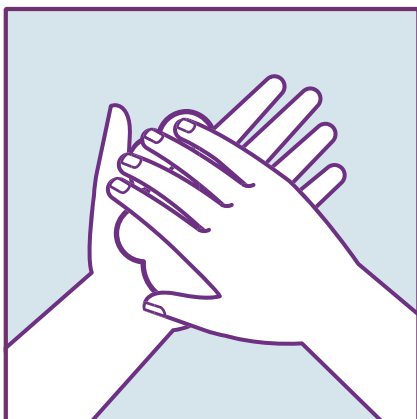
Stop the Spread of Germs!



Use a tissue. If a tissue is not available, cough or sneeze into your sleeve.



Throw used tissues into the garbage right away.



Clean your hands with soap and water or hand sanitizer (minimum 60 % alcohol-based).

STOP AND READ

- Are you experiencing a fever (38°C / 100.4°F and over) and/or a new or worsening cough?
- Have you travelled outside of Canada in the last 14 days?
- Have you been in close contact with someone who has COVID-19?
- Have you been in close contact with someone who is sick with respiratory symptoms (fever, cough, and/or difficulty breathing) who has recently travelled outside of Canada?

If you answered “YES” to any of these questions,

DO NOT ENTER

Instead, please:

Complete the self-assessment tool at www.bit.ly/selfasstool

-OR-

Call Telehealth at **1(866) 797-0000**

-OR-

Call the Thunder Bay District Health Unit at **(807) 625-5900**

It is **strongly recommended** that individuals returning from domestic travel outside of Northwestern Ontario self-isolate for 14 days regardless of whether or not they have symptoms. Individuals in self-isolation should monitor for symptoms and complete the self-assessment tool if symptoms develop.