



2m



# Take the Time to Wash Your Hands

**It's the most effective way to prevent the spread of germs**



**Wet hands with running water.**



**Apply soap and scrub palms, backs of hands, wrists, between fingers and under nails.**



**Scrub for at least 20 seconds.**



**Rinse thoroughly under running water.**



**Dry hands with a single use towel.**



**Use the towel to turn off the faucet.**



**No soap and water?  
Use hand sanitizer.**



**Apply enough product on hands to cover all surfaces, and rub hands until they're dry.**

## KNOW THE FACTS

# ABOUT CORONAVIRUS DISEASE (COVID-19)

COVID-19 is an illness caused by a coronavirus. This coronavirus is a new virus that was first recognized December 2019 in Wuhan, China. These are a large family of viruses, some of which infect animals, and others that can infect humans.

The World Health Organization declared COVID-19 a pandemic on March 11, 2020.

Those who are infected with COVID-19 may have little to no symptoms. **Symptoms of COVID-19** are often similar to other illnesses.

**Symptoms** of human coronaviruses can:

- ▶ take up to 14 days to appear after exposure to the virus
- ▶ be very mild or more serious
- ▶ vary from person to person

Coronaviruses are most commonly spread from an infected person through:

- ▶ respiratory droplets when you cough or sneeze
- ▶ close personal contact, such as touching or shaking hands
- ▶ touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands

These viruses are not known to spread through ventilation systems or through water.

The best way to prevent the spread of infections is to:

- ▶ wash your hands often with soap and water for at least 20 seconds;
- ▶ avoid touching your eyes, nose or mouth, especially with unwashed hands;
- ▶ avoid close contact with people who are sick;
- ▶ cough and sneeze into your sleeve and not your hands;
- ▶ practice **physical distancing** at all times;
- ▶ stay home if you are sick to avoid spreading illness to others; and
- ▶ wear a **non-medical mask or face covering**, made with at least two layers of tightly woven fabric, **constructed** to completely cover the nose and mouth without gaping, and secured to the head by ties or ear loops, to protect the people and surfaces around you.

**Note:** The Government of Canada has implemented an Emergency Order under the *Quarantine Act*. This order means that everyone who is entering Canada by air, sea or land has to stay home for 14 days in order to limit the spread of COVID-19. The 14-day period begins on the day you enter Canada.

- If you have travelled and have no symptoms, you must **quarantine** (self-isolate).
- If you have travelled and have symptoms, you must **isolate**.

**For more information on coronavirus:**

1-833-784-4397

[canada.ca/coronavirus](https://canada.ca/coronavirus)

[phac.info.aspc@canada.ca](mailto:phac.info.aspc@canada.ca)



Public Health  
Agency of Canada

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# HELP REDUCE THE SPREAD OF COVID-19



## TOGETHER, WE CAN TAKE THE FOLLOWING STEPS TO SLOW THE SPREAD OF COVID-19



follow the advice of your **local public health authority**



**wash your hands** often with soap and water for at least 20 seconds



use an **alcohol-based hand sanitizer** containing at least 60% alcohol if soap and water are not available



try not to touch your eyes, nose or mouth



cough and sneeze into your sleeve and not your hands



avoid close contact with people who are sick and practice **physical distancing**



avoid non-essential community and cultural gatherings and keep a physical distance between each other (approximately 2 metres)

## SYMPTOMS

**Symptoms** of COVID-19 may be very mild or more serious and may take up to 14 days to appear after exposure to the virus. The most common symptoms include:



**FEVER**



**COUGH**



**DIFFICULTY BREATHING**

## IF YOU HAVE SYMPTOMS



**Isolate** at home to avoid spreading illness to others.



Avoid visits with older adults, elders, or those with medical conditions. They are at higher risk of developing serious illness.



Call ahead before you visit a health care professional or call your local public health authority.



If your symptoms get worse, contact your health care provider or public health authority right away, and follow their instructions.

## FOR INFORMATION ON COVID-19:

1-833-784-4397

[canada.ca/coronavirus](https://canada.ca/coronavirus)

# PHYSICAL DISTANCING: HOW TO SLOW THE SPREAD OF COVID-19

Together, we can slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other. Physical distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. With patience and cooperation, we can all do our part.



## What does physical distancing mean?

This means making changes in your everyday routines in order to minimize close contact with others, including:

- ▶ avoiding crowded places and non-essential gatherings
- ▶ avoiding common greetings, such as handshakes
- ▶ limiting contact with people at higher risk (e.g. older adults and those in poor health)
- ▶ keeping a distance of at least 2 arms lengths (approximately 2 metres) from others, as much as possible



## Here's how you can practise physical distancing:

- ▶ greet with a wave instead of a handshake, a kiss or a hug
- ▶ stay home as much as possible, including for meals and entertainment
- ▶ grocery shop once per week
- ▶ take public transportation during off-peak hours
- ▶ conduct virtual meetings
- ▶ host virtual playdates for your kids
- ▶ use technology to keep in touch with friends and family

If possible,

- ▶ use food delivery services or online shopping
- ▶ exercise at home or outside
- ▶ work from home

## Remember to:

- ▶ wash your hands often for at least 20 seconds and avoid touching your face
- ▶ cough or sneeze into the bend of your arm
- ▶ avoid touching surfaces people touch often
- ▶ self-monitor for symptoms of COVID-19 including:
  - cough
  - fever
  - difficulty breathing

## If you're concerned you may have COVID-19:

- ▶ separate yourself from others as soon as you have symptoms
- ▶ If you are outside the home when a symptom develops, go home immediately and avoid taking public transit
- ▶ stay home and follow the advice of your Public Health Authority, who may recommend isolation
- ▶ call ahead to a health care provider if you are ill and seeking medical attention

**NOTE:** Some people may transmit COVID-19 even though they do not show any **symptoms**. In situations where physical distancing is difficult to maintain, wearing a **non-medical mask or face covering** (i.e. made with at least two layers of tightly woven fabric, **constructed** to completely cover the nose and mouth without gaping, and secured to the head by ties or ear loops) provides a barrier between your respiratory droplets and the people and surfaces around you. It may also stop you from touching your nose or mouth, which is another way the virus can get into your body.

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## FOR MORE INFORMATION:

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Please wear a mask.

Masking is required in all indoor public places.

Masks play a role in reducing the transmission of COVID-19.

Saskatchewan Public Health Order effective November 19, 2020