

2021

STAY HOME
for NEW
YEARS!

YOU
CAN DO
THIS

STAY
SAFE!

COVID-19 AND YOU

1

Talk about your feelings

COVID 19 is affecting all of us and it is okay to feel stressed, anxious, scared or worried. It is important to talk to your family about how you feel.

2

Call family & friends more

Be the one who makes the first move! Call the people you miss! Use Face Time or set up meetings on zoom or google!

3

Wear a Face Mask

It is important to wear a 3 layer face mask to protect yourself. A scarf will not offer protection. Ensure that your mask covers your nose and chin. Change your mask if it becomes wet.



4

Protect your eyes

It is important to protect your eyes. Wear a face shield, goggles or glasses. Do NOT touch your face!

BE
SAFE!

5

Wash your hands!

Wash your hands for 20 seconds with soap. Ensure that you wash your hands often!

6

Use Hand Sanitizer

When soap is not available use an alcohol based hand sanitizer. Keep hand sanitizer in your car, coat pocket or purse. Ensure your sanitizer contains 70% alcohol.

DON'T
GIVE
UP

YOU
CAN DO
THIS

7

COVID ALERT

Download the COVID alert app on your phone. This will alert you if you come into contact with someone who has COVID.

8

STAY HOME

Do NOT leave your home unless it is for work or essential things such as groceries. Do NOT interact with members from other households.

9

TAKE CARE OF YOURSELF

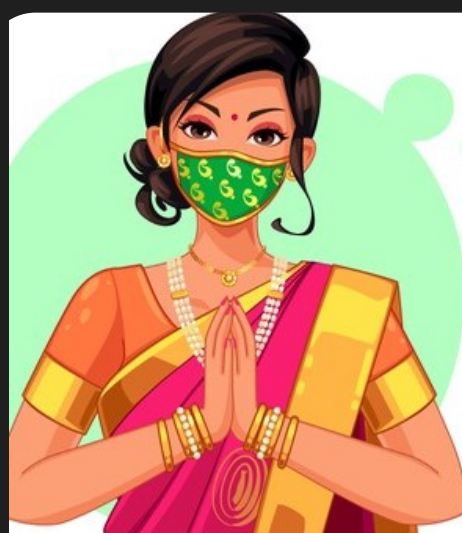
Eat healthy meals, drink water and get proper sleep. Do the things you enjoy! You can pray at home, read a book or cook your favorite meal.

10

Be thankful

Take time each day to think about the things to be thankful for such as fresh air, sunshine.

No
Visitors!



11

Take COVID 19 seriously

In Canada and around the world COVID19 has killed more people to date than the flu does annually. This virus can impact anyone so it is important it is taken seriously amongst all members of the household.

12

Get tested

It is important to get a COVID-19 test if you have any of the following symptoms:

- Cough or a sore throat
- Runny Nose
- Fever
- Aches and pains
- Headache
- Difficulty breathing

STAY
HOME!