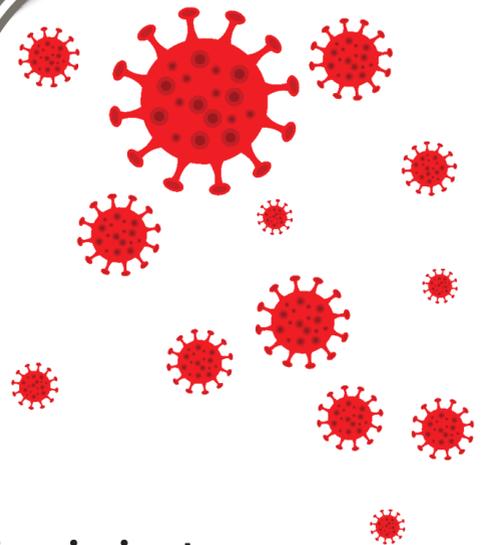




# It is important for the safety of **EVERYONE** to think ahead about the actions that you can take to stay healthy and prevent the spread of COVID-19.

**PHYSICAL DISTANCING**  
 Maintain a minimum distance of 2 meters or 6 feet between yourself and others.



**SHOPPING**  
 Practice good hand hygiene before, during and after shopping. Consider shopping only once per week. When possible only one family member should make the trip. Make this an essential trip not your social hour.

COVID-19 does not discriminate by age, gender or ethnicity.

## **EVERYONE IS AT RISK**



**LONG TERM CARE HOMES**  
 VISITOR RESTRICTIONS ARE STILL IN PLACE.  
 Call each site to schedule a window visit or telecommunication visit with your loved one.



**AT HOME**  
 Make sure that shared rooms have good airflow.  
**WASH YOUR HANDS** often with soap and water.  
**CLEAN AND DISINFECT** frequently touched surfaces daily.  
 Take care of your body. Try to eat well, **STAY ACTIVE** and get plenty of sleep.



**GET OUTDOORS**  
 Take breaks from the news and social media. Be mindful of information overload.  
**GET SOME FRESH AIR.**  
 Respect others personal space. Avoid crowds.



**TRAVEL**  
 Riverside **DOES NOT RECOMMEND** nonessential travel out of the district. If you have recently returned to the country **YOU MUST SELF-ISOLATE.**



**HOSPITALS**  
 VISITOR RESTRICTIONS ARE STILL IN PLACE. Emergency Departments are safe and open but should be utilized for true emergencies only. Please answer all screening questions honestly both at hospital and with 911 operators.

**SCREENINGS**  
 Regardless of where you are asked screening questions it is important to **ALWAYS ANSWER HONESTLY** and **RESPECT RULES** in place at businesses and organizations.

## Save lives. Stay home.

If you have questions about COVID-19 please visit [www.canada.ca](http://www.canada.ca) or [www.riversidehealthcare.ca](http://www.riversidehealthcare.ca).  
 Riverside's priority remains the health and safety of our patients, residents, clients, staff and the entire community.