

# WE'RE IN THIS TOGETHER!

Please protect yourself and others and prevent the spread of COVID-19

## Maintain at least two metres of distance between yourself and the next person

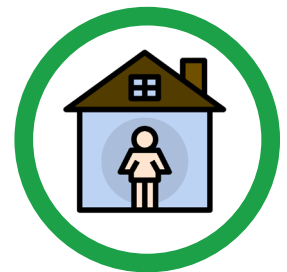
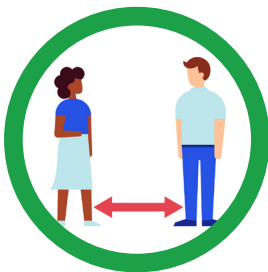
- If you and your neighbours fully hold out your arms at your sides, you should not be able to touch

## Practice good hand hygiene at all times

- Wash your hands frequently with soap and water for at least 20 seconds at a time
- Use hand sanitizer if soap is not immediately available, and follow up with soap and water as soon as possible

## Cough or sneeze into your arm – not your hand – or use a tissue

## Stay home as much as possible



Keep current on what's happening with COVID-19 in Alberta by checking out the following links:

Alberta Health Services: [www.albertahealthservices.ca](http://www.albertahealthservices.ca)

Government of Alberta: [www.alberta.ca/COVID19](http://www.alberta.ca/COVID19)

Government of Canada: [www.canada.ca/en](http://www.canada.ca/en)

