Protect Yourself From COVID-19

First Nations Health Authority
Health through wellness

Each of us plays a role in protecting our communities and loved ones. Follow these tips to prevent COVID-19 and stop the spread of germs!

- Remember to wash your hands frequently with soap and water, and encourage others to do the same. If you can't wash your hands, then use hand sanitizer.

- Try to avoid touching your face.

- Frequently clean and sanitize door handles, washrooms and surfaces that are touched often.

- Recommend that people sneeze and cough into a tissue or their elbow.

- Practise physical distancing by staying at least two metres (six feet) away from other people.

- For now, we cannot use usual greetings such as handshakes, hugs, and kisses. Safe greetings include a wave, a nod, or a bow.

- Make sure to wash your hands before and after eating, and don't share plates or utensils with others.

- If you are not feeling well, please stay home from work or work from home. This will keep those around you safer.

- Limit unnecessary travel and avoid gathering with others.

- If you have traveled out of the country, you should self-isolate for 14 days upon return.

- Wearing a cloth face mask might not protect you from COVID-19 but it is one way to protect others in situations where you cannot keep a safe distance for an extended period of time i.e. when you are on transit, grocery shopping, getting a haircut or visiting someone indoors.

During this time, it is important to check in with yourself and others—if you aren't feeling 100%, it is better to stay home for now. Thank you for doing your part to keep your community safe!

Learn more and get all COVID-19 updates at www.fnha.ca/coronavirus