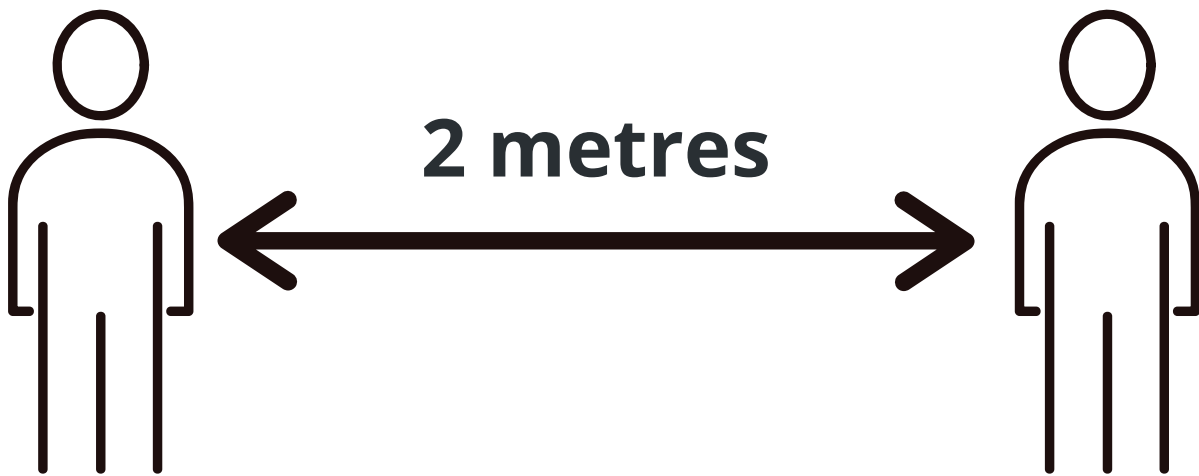


# HELP STOP THE SPREAD OF COVID-19!

Please keep your  
physical distance



Physical distancing means **staying  
at least 2 metres  
(6 feet) apart** from others!



**Renfrew County and District Health Unit**  
"Optimal Health for All in Renfrew County and District"

Visit us at [www.rcdhu.com](http://www.rcdhu.com)  
or call 613-732-3629  
or 1-800-267-1097