

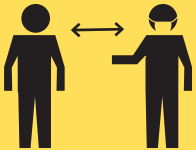
STAY HOME IF UNWELL

Complete a [COVID-19 screening tool](#) daily before leaving home. Stay home if you have ANY symptom(s).



WEAR A MASK if you feel it is right for you or if:

- you are at high risk for severe illness
- you are recovering from COVID-19 or have symptoms of COVID-19
- you are a close contact of someone with COVID-19 or symptoms of COVID-19
- long-term care homes and retirement homes will still require masking.



STAY 2 METRES APART whenever possible:

- while indoors
- while around those that do not live in your immediate household
- Connect with others virtually if possible



Practice Frequent Hand Hygiene

- wash your hands with soap and water
- use alcohol-based hand sanitizer if soap and water is unavailable

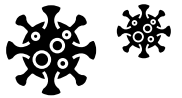


Stay up to date with your vaccine

- Receive all recommended COVID-19 vaccine doses, as this is important to help protect ourselves and our community.



COVID-19: Help Stop the Spread



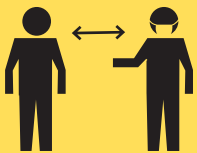
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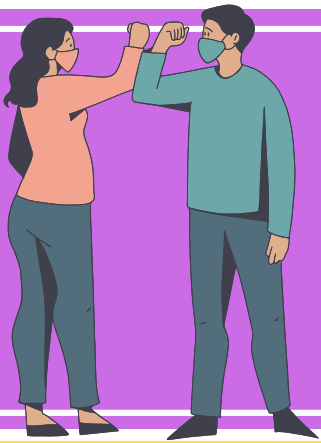
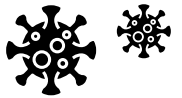
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Renfrew County and District Health Unit

"Optimal Health for All in Renfrew County and District"

COVID-19: Help Stop the Spread



DON'T LET YOUR GUARD DOWN



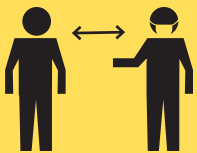
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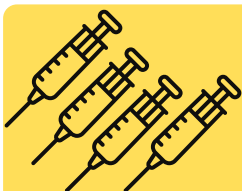
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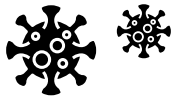
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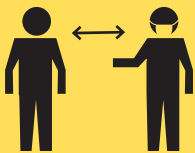
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