

STOP — COVID-19

Self-isolation

- **Anyone who travelled back to Canada in the last 14 days **MUST** self-isolate (including from the U.S.).**
- **Anyone who was told to self-isolate by a health care provider **MUST** follow that direction.**

Self-isolation means that you **MUST NOT** leave your home or see other people unless it is for urgent reasons (for example, to seek urgent health care). Ask for help from friends, family, or neighbours to do errands.

Visitors

- **If your visit today is not essential, **DO NOT** enter this building.**

Physical distancing

- **Everyone **MUST** stay at least 2 metres (6 feet) apart and follow all the rules about physical distancing (social distancing).**

Stop the spread of COVID-19. Do your part.

Learn more at phsd.ca/COVID-19.

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