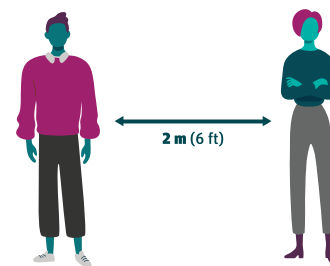


Top-10-COVID-Rules-to-Live-By

1. Get vaccinated against COVID-19

It is more important than ever to get two doses of the COVID-19 vaccine, and a third if you are eligible, to boost your immune response. The vaccines are a safe and effective way to protect yourself and your loved ones from COVID-19. For the best protection against COVID-19 and variants, such as the delta variant, individuals must complete the vaccine series.



2. Practise physical distancing and avoid crowded spaces

Continue to maintain physical distancing of 2 metres from others in all settings. Physical distancing is important as it limits the number of people with whom you come into close contact. Maintaining 2 metres distance from each other reduces the opportunity for the virus to spread from person to person. Stay 2 metres away from everyone you do not live with, especially when it's not possible to wear a mask.

3. Wear a well-fitting mask

Use a mask in enclosed indoor public spaces and when you can't keep 2 metres distance outdoors. Keep a mask with you so you can use it when you need it. When wearing a mask make sure it fits properly (covers your nose, mouth, and chin).



4. Spend time outdoors or in well-ventilated spaces

Plan outside gatherings. When outdoor gatherings are not possible ensure proper ventilation. If you do not have a ventilation system, open windows to increase air flow.

5. Limit gatherings

Provincial gathering limits may vary, but public health measures stay the same. Ask yourself if the gathering is necessary and if so, assess your risk and determine how you can make the activity safer.

6. Avoid non-essential travel

Ask yourself if the travel is necessary and if so, plan ahead on how you will keep COVID-safe.

7. Wash your hands or use hand sanitizer

Wash your hands often and when visibly dirty for 15 seconds. When entering or leaving a store or event space apply hand sanitizer to your hands. Make a habit of carrying hand sanitizer with you for when hand washing is not possible.



8. Stay home when ill

The easiest way to reduce transmission is to stay home when ill. By staying home, you reduce your number of interactions with people and the risk of spreading disease. If you have a COVID-19 symptom, get tested.

9. Get tested

If you have a COVID-19 symptom, if you are concerned that you may have been exposed to COVID-19, or if you are at risk of exposure to COVID-19, contact an assessment centre and get tested. Remember, you can still be infected after a negative test. A negative result should not be treated as a free pass to let your guard down. Continue to take precautions.



10. Work remotely

Where possible continue to work remotely. Reducing our time in the workplace reduces the possibility of introducing the virus to new environments. If you cannot work remotely, follow public health guidance for workplaces.

Remember to practise kindness, patience, and gratitude—we are all in this together. Changing our behaviour and doing things in new ways takes practice. Be patient with others while we continue to adjust and adapt.

Assess your risk and practise simple yet powerful **Top-10-COVID-Rules-to-Live-By** to get us through this pandemic safely.

To keep up-to-date and for more details on specific circumstances, visit phsd.ca/COVID-19.