

PREVENTION

We have a responsibility to help prevent the spread of COVID-19. Take steps to protect yourself and others.

- Limit the number of times you leave your home
- Stay at least 2 meters (6 feet) away from others when you go out for groceries, medical trips, and other essential needs
- Have groceries or other items delivered if possible
- If you go outside for fresh air maintain 2 meters (6 feet) distance from others
- Avoid overcrowding in elevators and other enclosed spaces
- Wash your hands after touching communal surfaces such as handrails, handles
- Postpone family visits, friend gatherings, and group outings, especially if household or family members are senior citizens or have high-risk medical conditions
- Do not gather with other people if you have a fever or a cough, even if symptoms appear to be mild.
- Obey all mandatory self-isolation requirements and mass gathering restrictions now in place.



Legally enforceable public health measures are in place to limit the time we spend in contact with each other. Anyone violating these restrictions is now subject to fines.