



Wear a Mask

W – Wear a mask or face covering when you are working or visiting indoor public spaces and/or when you cannot maintain a physical distance of 2 metres (6 feet)



Isolate Yourself

I – Isolate yourself from others when you are sick and get tested quickly if you have COVID-like symptoms



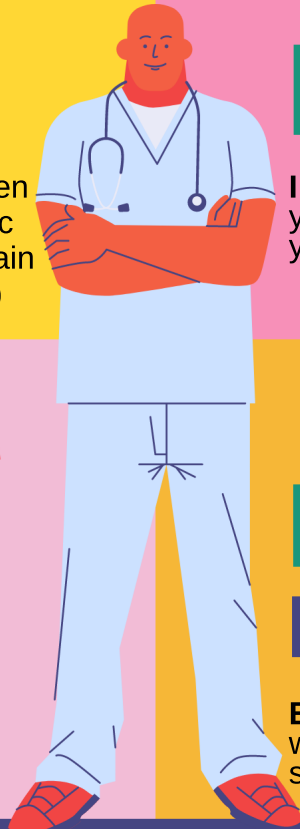
Stay 6 Feet Apart

S – Stay 2 metres (6 feet) apart from those outside your household



Exercise Good Hand Hygiene

E – Exercise good hand hygiene and wash you hands regularly or use hand sanitizer



BE COVID W.I.S.E

to fight Covid-19

Source: Ottawa Public Health