

Let's All be Responsible

Global Citizens



COVID-19 : Common signs of infection include fever, cough, and respiratory symptoms including shortness of breath and breathing difficulties.

- If you experience the onset of these symptoms... isolate yourself from others, call 8-1-1 for direction.
- If you experience signs of the common cold, rest, keep yourself hydrated and try not to expose others to this cold virus.
- This is a very typical time in Vancouver for many people with allergies to experience nasal congestion and watery eyes, as our trees and flowers begin to blossom. These are **NOT** symptoms of COVID-19, however they do produce more sneezing, so be sure to follow the guidelines set out of the proper way to deal publically with this situation in a responsible way.

Under the current threat of COVID-19, practice these W.H.O. recommended behaviours:

Hand hygiene practices:

- Washing hands for 20 seconds with soap and water, most especially after sneezing or coughing, or coming in contact with publically shared surfaces.
- If there is no soap and water available, a hand sanitizer with a minimum strength of 70% alcohol has been recommended.
- Sneeze or cough into a Kleenex and dispose of it into the garbage. If a Kleenex is not readily available, use your elbow, **NOT** your hand. If you forget and use your hand, be sure to rewash your hands.
- Clean and sanitize surfaces.

Practice good “social distancing” behaviours, such as :

- When possible, maintain a minimum distance of 6' = 2 metres from others.
- Personal touching of any kind is discouraged, including: handshakes and hugs.
- Avoid public gatherings and stay home as much as possible.
- If, when finding an elevator full of people, wait for the next one.

DO NOT SHARE....anything that touches your lips!

Food Preparation:

- Clean all food thoroughly before eating.
- Do not buy “bulk items” at the store.
- Be sure that all meat and egg products are thoroughly cooked.