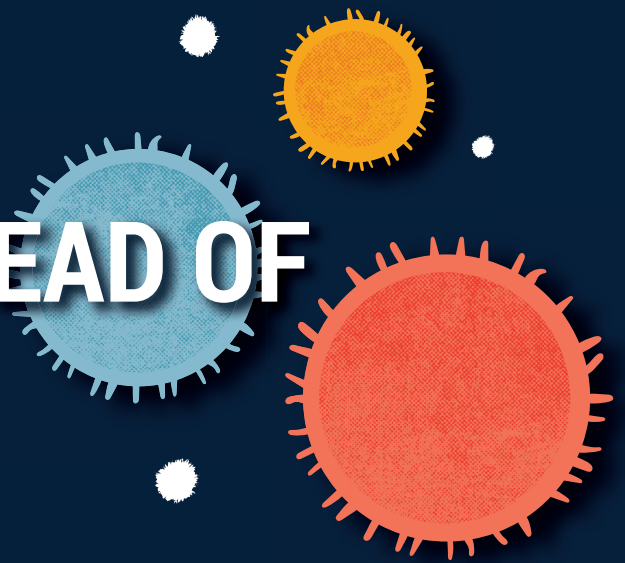


# EVERYONE CAN HELP PREVENT THE SPREAD OF COVID-19



Stay home and self-isolate if you've travelled outside of Canada or have symptoms



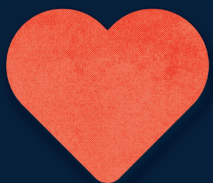
Follow latest social distancing & self-isolation advice

**811**

Call if you have symptoms



Wash your hands often



Be kind to others and look out for your neighbours