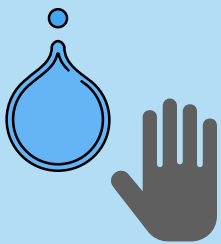


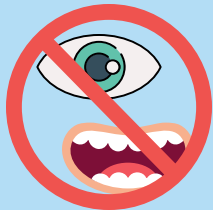
COVID-19: How to prevent catching and spreading it.

COVID-19 is an illness caused by a new type of virus. It can cause infections in the respiratory system, which effects breathing. The sickness can be mild but, for some people, it can be very serious and some people can die from it. Even if you don't get very sick, the people you care about might. It is important to protect yourself and others.

How to prevent Catching The Virus



Wash your hands often, for at least 20 seconds.



Avoid touching your eyes and mouth with unwashed hands.



Avoid gathering with other people - keep 2 metres (about 6 feet or the length of a very tall person) apart.

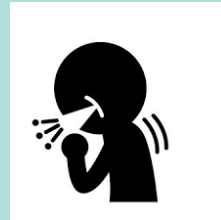


Avoid sharing, drugs alcohol, cigarettes with others. If you must do so, use mouthpieces and separate containers.

Symptoms/signs of COVID-19



Fever , feeling hot, sweaty or chills.



Cough: Cover your coughs with a tissue and throw out the tissue in the trash. If you don't have a tissue, cough into your elbow.



Shortness of breath/ hard to breathe.



If you feel sick : Stay away from others so they don't get sick. If you have a mask - put it on. Call your doctor or health-care worker if you have one. If you live in a shelter or supportive housing, tell staff. If you have access to the internet, take the screening quiz at <https://bc.thrive.health/>.