

# Stop the Spread of Infectious Disease

If you have a fever, cough, or difficulty breathing, please do not enter!  
Just email us to let us know you weren't able to attend and why.

Please observe the following practices while attending our facility:



Cough or Sneeze into  
Your Arm or Tissue



Wash Your Hands



Use Hand Sanitizers  
in the Building



Avoid Touching Your  
Eyes, Mouth, and Nose



Avoid Close Contact with  
People Who Sneeze or Cough



Wash Hands Before & After  
Touching Dogs Not Your Own

## Thank you!



## COVID-19 NOTICE

# USE ELBOWS TO PUSH DOOR



### Social Distancing:

- Limiting Customers
- 6ft Spacing between:
  - Other Customers
  - Staff



### Distancing In Lines:

- Look For Markers On Floor
- Stand On Markers In line
- Progress Along Markers

**DO YOUR PART TO SLOW THE SPREAD OF THE CORONAVIRUS.**

## CORONAVIRUS (COVID-19)

DO YOU HAVE THE FLU, COLD OR COVID-19?

SYMPTOMS	CORONAVIRUS	COMMON COLD	FLU
FEVER	COMMON	RARE	COMMON
FATIGUE	COMMON	SOMETIMES	COMMON
COUGH	COMMON (USUALLY DRY)	COMMON (MILD)	COMMON (USUALLY DRY)
SNEEZING	NO	COMMON	NO
ACHES & PAINS	SOMETIMES	SOMETIMES	COMMON
RUNNY NOSE	SOMETIMES	COMMON	SOMETIMES
SORE THROAT	SOMETIMES	COMMON	SOMETIMES
DIARRHEA	SOMETIMES	NO	SOMETIMES FOR CHILDREN
HEADACHES	SOMETIMES	RARE	COMMON
DIFFICULTY BREATHING	SOMETIMES	NO	NO

For more information call your local public health provider.

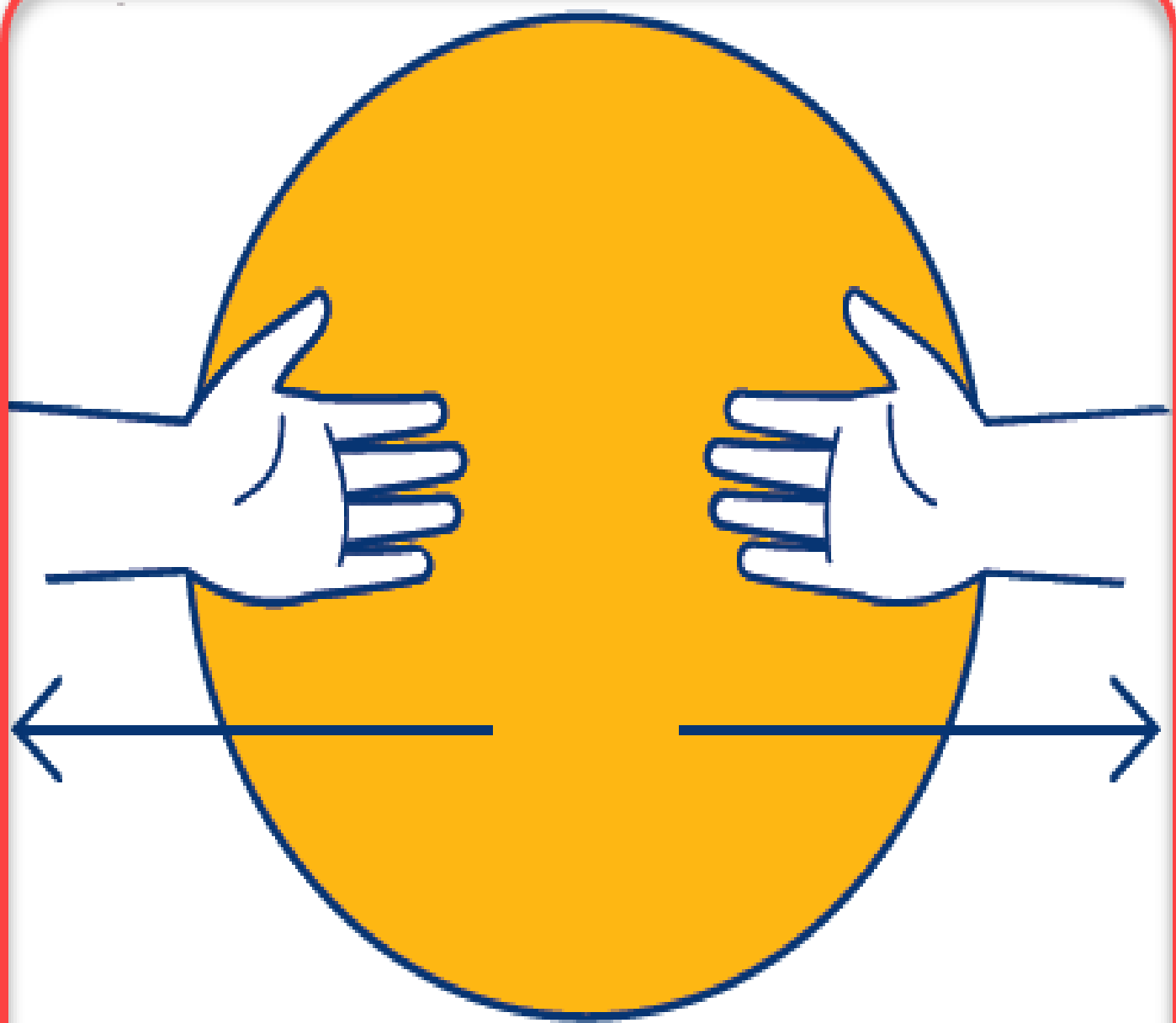
# COVID-19

**2 0 2 0**

SECONDS HAND WASHING

METERS DISTANCE

EXCUSES



## **PHYSICAL DISTANCING IN PROGRESS**

**Maintain a distance of at least  
2 arms lengths from others.**



COVID-19

# Hand Hygiene

**SOAP OR ALCOHOL-BASED HAND RUB: Which is best?**

Either will clean your hands:  
use soap and water if hands are visibly soiled.



**REMOVE HAND AND WRIST JEWELLERY IF AT ALL POSSIBLE**

## HOW TO HAND WASH



**1**  
Wet hands with warm (not hot or cold) running water



**2**  
Apply liquid or foam soap



**3**  
Lather soap covering all surfaces of hands for 20-30 seconds



**4**  
Rinse thoroughly under running water

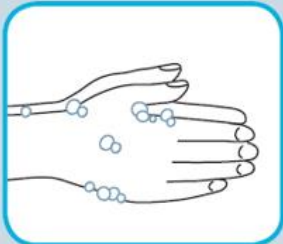
## HOW TO USE HAND RUB



**1**  
Ensure hands are visibly clean (if soiled, follow hand washing steps)



**2**  
Apply about a loonie-sized amount to your hands



Lather soap and rub hands palm to palm.



Rub in between and around fingers.



Rub back of each hand with palm of other hand.



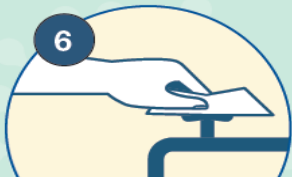
Rub fingertips of each hand in opposite palm.



Rub each thumb clasped in opposite hand.



**5**  
Pat hands dry thoroughly with single use towel.



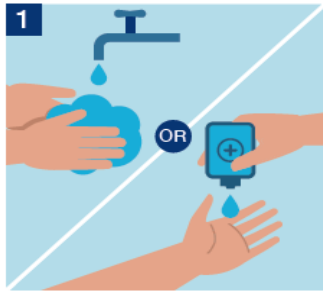
**6**  
Use towel to turn off the tap



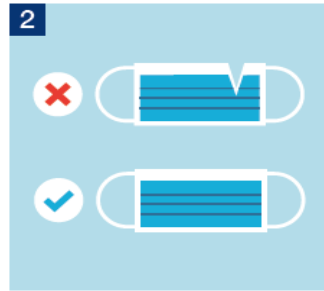
**3**  
Rub all surfaces of your hand and wrist until completely dry (15-20 seconds)



# HOW TO WEAR A FACE MASK



1 Wash your hands with soap and water for 20-30 seconds or perform hand hygiene with alcohol-based hand rub before touching the face mask.



2 Check the new mask to make sure it's not damaged.



3 Ensure colour side of the mask faces outwards.



4 Locate the metallic strip. Place it over and mold it to the nose bridge.



5 Place an ear loop around each ear or tie the top and bottom straps.



6 Cover mouth and nose fully, making sure there are no gaps. Pull the bottom of the mask to fully open and fit under your chin.



7 Press the metallic strip again to fit the shape of the nose. Perform hand hygiene.



8 Do not touch the mask while using it, if you do, perform hand hygiene.



9 Replace the mask if it gets wet or dirty and wash your hands again after putting it on. Do not reuse the mask.

## Removing the Mask

1 Perform hand hygiene.

2 Do not touch the front of your mask. Lean forward, gently remove the mask from behind by holding both ear loops or ties.

3 Discard the mask in a waste container.

4 Perform hand hygiene.

**NOTE:** Cloth face masks may be worn and should be treated in the same manner (except discarding into a waste container – the masks need to be taken off in the same way and placed in a laundry machine or collection receptacle to wait for a wash. They should be tipped into the laundry machine and not re-handled.