

# Be a masked hero!

Help to protect the community.

As COVID-19 continues to alter the landscape of our lives, we need to remain vigilant in our efforts to help minimize the spread of the virus. To help protect ourselves, our loved ones and those around us from the spread of COVID-19, cities and municipalities throughout Canada have passed Face Covering By-Laws that make wearing face masks mandatory, when in public places.

## Use a Mask , at all times!

Masks/face coverings are non-invasive and inexpensive, and can help save lives. Your mask should be made of tightly woven material, such as cotton or linen, and must fit tightly over your nose, mouth and chin. Once your mask is securely in place, try not to touch it until you are ready to remove it. When wearing a paper mask, cut the straps from the mask and dispose of it responsibly after use.

## Wash your hands regularly!

Wash your hands regularly with soap and clean water to minimize the spread of the virus. Wash thoroughly for at least 20 seconds. Avoid touching surfaces, especially in public places. Sanitizing your hands with a hand sanitizer will help when you don't have access to soap and water.

## Maintain safe distance!

Make sure to maintain a distance of at least 2 meters or 6 feet from other people. Even when social distancing, keep your mask on. Respect arrows and traffic flow protocols in high density areas like supermarkets and shopping malls.

## Self-isolate and Quarantine!

Self isolate immediately if you start to experience any symptoms. Remain in self-isolation until testing results are confirmed negative. Monitor local, provincial and federal sources for current COVID related restrictions, including mandatory quarantine guidelines, for your area.

For more information & provincial guidelines please visit:  
<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

**Thank you and Stay Safe!**