



# SLOW THE SPREAD OF INFECTION

There are many things that you can do in your everyday life to help prevent the spread of COVID-19. This is especially important when visiting the elderly.



1  
Wash your hands with soap and water often. If soap and water aren't available, use hand sanitizer.



2  
Avoid touching your eyes, nose or mouth—this increases the chances of microorganisms getting into your body.



3  
Frequently clean high-touch surfaces, such as counters, tabletops, doorknobs, sink taps, and cellphones.



4  
Practice physical distance whenever possible when you leave the house.



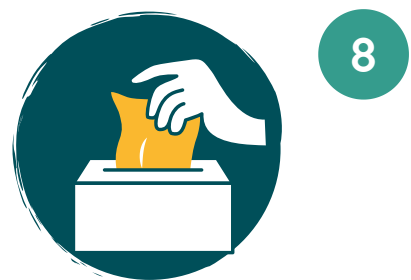
5  
Wear a mask when you're unable to stay 2 meters away from other people.



6  
Avoid crowded places and large gatherings of people.



7  
When coughing or sneezing, turn away from other people. Cover your mouth and nose with your flexed elbow or a tissue and not with your hands.



8  
Don't use reusable handkerchiefs. Immediately throw out single-use tissues, then wash or sanitize your hands.



9  
Don't share personal items such as cups, utensils or towels with anyone outside your home without washing them first.



10  
If you feel sick, stay home and self-isolate, so you don't spread the illness to other people.

## COVID-19 SELF-ASSESSMENT

<https://myhealth.alberta.ca/Journey/COVID-19/Pages/Assessment.aspx>

For more information, visit the CCSA website: <https://continuingcaresafety.ca>

