

How to protect yourself, your family, and your community



1. Those sick with cold or flu-like symptoms **MUST** self-isolate for at least 10 days

(may return to regular restrictions IF no symptoms after this period)



2. International travellers OR contact with COVID-19 **MUST** self-isolate for 14 days

(even if you have NO symptoms).



3. Stay at home as much as possible

(except for essential workers, to get important supplies, and to relax or recreate in open outdoor areas)



4. If you must leave your house, keep your distance

(6ft, 2m) and try not to touch your face after touching public surfaces



5. Wash your hands (and phone!) regularly

(especially after you touch public surfaces and before you eat or prepare food)



6. Be kind and supportive of your family and your community

(it is a stressful time, but we are stronger together)



*A message from
Powell River
physicians*



POWELL RIVER GENERAL HOSPITAL



Powell River
Division of Family Practice
A GPSC initiative