

Staying Safe Everywhere

Tips for protecting yourself & your workplace from COVID-19

WASH YOUR HANDS FREQUENTLY

At Work

At Home

In Public

Good hand hygiene provides significant protection from many infections, including COVID-19. Wash with soap and water or alcohol-based hand sanitizer for 20 seconds. Carry sanitizer with you and use it when provided in public spaces.



WEAR YOUR MASK PROPERLY

- ✓ **DO** wear a mask indoors, and when you can't stay two metres apart from others
- ✓ **DO** make sure it fits well, covers your nose, mouth and chin, and has no holes
- ✓ **DO** replace it if damp, and wash after each use
- ✓ **DO** choose a cotton mask with three layers and a filter where possible
- ✗ **DON'T** touch your mask while wearing it
- ✗ **DON'T** hang your mask from your neck or under your chin
- ✗ **DON'T** expose your nose or mouth
- ✗ **DON'T** wear masks with exhalation valves

KEEP YOUR DISTANCE ↔

Variants of concern spread faster and easier. Choose not to host or attend indoor gatherings with people outside your household, or outdoor gatherings where people are close and unmasked.

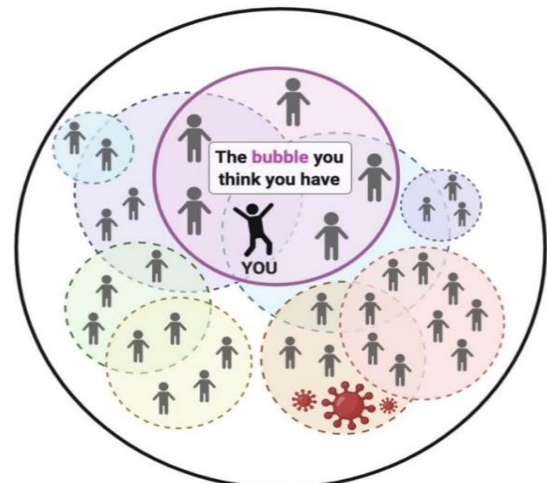
GET VACCINATED



COVID-19 vaccines are safe and effective at preventing serious infection. Use trusted, evidence-based sources for vaccine information. Get the vaccine to protect yourself, your loved ones and your community.

UNDERSTAND THE "BUBBLE"

Your exposure bubble is not as small as you think. You're not just at risk of catching COVID-19 from people in your inner circle, but also from anyone else they have been in contact with. Think seriously about the risks of your next get-together.



The bubble you **actually** have



Winnipeg Regional Health Authority Office régional de la santé de Winnipeg