

TLA'AMIN HEALTH, COMMUNITY GATHERINGS, AND COVID-19 (CORONA VIRUS)

How does COVID-19 spread?

1. By contact with secretions of an infected person and by respiratory droplets that can travel up to two meters (6.5 feet) from a cough, sneeze or singing. **Keeping a 2-metre (6.5 feet) distance away from others in public places will reduce your chance of breathing in droplets. Stay close with your family, avoid large public places.**
2. Touching a person, object, or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands. **Close personal contact such as touching, hugging, or shaking hands can be replaced with a wave, nod, or smile. Frequent handwashing will reduce the spread.**

Recommendations to MINIMIZE YOUR RISK of exposure and contracting COVID-19

- Avoid gatherings, group events, and dense public spaces. Stay home and spend time outdoors with your family
- Practice regular and frequent hand washing
- No traveling outside of Canada. If returning from travel outside of Canada, a recommended 14 days quarantine has been put in place
- Call your Dr. / NP if you are experiencing a fever with a cough or shortness of breath

Gatherings and Public Events: Does This Increase my Risk?

YES. There is significant increase in risk of exposure to the virus and the chance of participants getting infected and carrying the virus home to their communities and passing it on to their more vulnerable loved ones and family. By not attending this protects our most vulnerable family and community members.

PROTECT THE COMMUNITY!

visit www.tlaaminhealth.com for more information