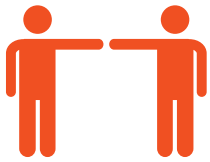


# CORONAVIRUS (COVID-19)

## HELP STOP THE SPREAD & *STAY SAFE!*



**MAINTAIN SOCIAL  
DISTANCE**  
AT LEAST 2 METERS



**WASH HANDS  
THOROUGHLY &  
OFTEN**



**AVOID TOUCHING  
YOUR FACE**  
EYES, NOSE & MOUTH



**COVER MOUTH &  
NOSE WITH TISSUE**  
WHEN COUGHING &  
SNEEZING



**STAY HOME  
IF SICK & AVOID  
NON-ESSENTIAL  
GATHERINGS**



**AVOID SHARING  
FOOD & DRINKS**

## Resources for Seniors

We have compiled a list of resources where you can find trusted information:

- Fraser Health Authority – [www.fraserhealth.ca](http://www.fraserhealth.ca)
- Public Health Agency of Canada – [www.canada.ca/publichealth](http://www.canada.ca/publichealth)

For all health-related concerns, **call 811**, the Government of Canada novel coronavirus telephone information line at: **1-833-784-4397** or contact your health-care provider or local public health office.

For recommendations on protecting yourself and your community from COVID-19, and to use the online self-assessment tool visit: BC Centre for Disease Control (BCCDC) – [www.bccdc.ca](http://www.bccdc.ca)