

Build *Community Immunity*

Protect Yourself, Loved Ones, & Your Community

Use **social distancing** to build community immunity against COVID-19



Build community immunity through social distancing and personal prevention.

The COVID-19 virus can only spread through direct touch or through infected droplets from coughing or sneezing.

Advice and tips:

- Avoid direct contact (touching) with people outside of your immediate family.
- Stay 2 metres (6 feet) apart from one another.
- Wash your hands often with soap and water for 20 seconds, or use alcohol-based hand sanitizer.
- Don't touch your nose or your mouth, unless you have just washed your hands.
- Avoid visiting older adults or people with medical conditions who are at high risk of severe illness.
- Stay connected virtually with technology. Stay 2 metres (6 feet) apart when chatting in person.
- Stay healthy and [active](#) by eating [nutritious](#) meals and taking advantage of Algoma's natural spaces – do this if you have no symptoms and can stay 2 metres (6 feet) apart from others.
- Take care of your mental health. Keep a routine. Practice self-care. Take breaks from the news media. Stay connected with friends and family by phone, email or with social media.
- If you are sick, stay home until you no longer have any symptoms. Sneeze or cough into your arm or sleeve.

What do we mean by community immunity?

Normally, at the individual level, each one of us can prevent many types of infections by getting immunized.

Because there isn't a vaccine for COVID-19 yet, no single person can be immunized and become immune against COVID-19.

But at the community level, we can still prevent outbreaks from happening.

This means that, even if some members of our community become sick with COVID-19, if those who are sick self-isolate, and if all of us practice social distancing, the virus won't be able to spread from person-to-person. So, even if there are cases of COVID-19 locally, social distancing stops their spread, and prevents more outbreaks.

WHAT IS SOCIAL DISTANCING?

Social distancing means avoiding close contact with others to prevent the spread of COVID-19 and can include:



Avoiding non-essential trips in the community



Limiting, postponing or cancelling gatherings



Working from home, where possible



Conducting meetings virtually



Keeping kids away from group settings



Avoiding visits to long-term care homes and other care settings

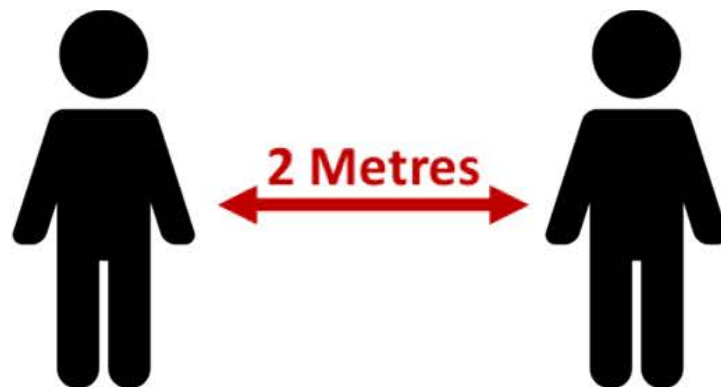
Keep a distance of 6 feet from others when going for walks or shopping for groceries.

ATTENTION

DO NOT enter if you are experiencing any of the following symptoms:

- fever
- cough,
- and/or difficulty breathing

Please practice social distancing and try to maintain a distance of 2 metres from those around you.



Thank you for keeping our community safe!

Stay up-to-date with current information:

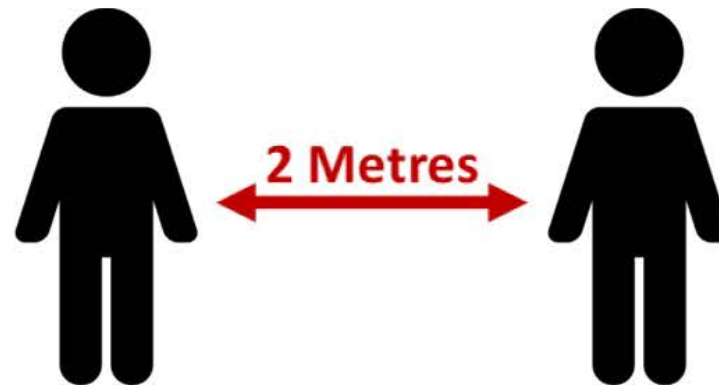
www.algomapublichealth.com/COVID-19



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WASH YOUR HANDS



WET HANDS



SOAP & LATHER
(20 SEC.)



RINSE



TOWEL DRY



TURN OFF TAP
WITH TOWEL

Always wash your hands **BEFORE:**

- Handling ready-to-eat foods
- Starting work
- Preparing food
- Eating
- Handling clean utensils, silverware, plates

Always wash your hands **AFTER:**

- Handling raw foods, especially meat and poultry
- Eating or smoking
- Taking out the garbage
- Cleaning food preparation areas
- Cleaning washrooms
- Sneezing, coughing, or blowing your nose
- Going to the washroom
- Touching your hair, face or body
- Touching anything else that may contaminate hands (*including money*)
- Petting an animal



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