



## **COVID-19 Basic Recommendations and Information**

### **25 August 2020**

#### **Protection measures for everyone**

You can reduce your chances of being infected or spreading COVID-19 by following some simple practices:

- Social and physical distancing
- Good hygiene
- Wearing masks

#### Social and Physical Distancing

Together, we can slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other. Social and physical distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. With patience and cooperation, we can all do our part.

This means making sure in your everyday routines to minimize close contact with others, including:

- Avoid gathering with more than 6 people outside of your family members.
- Avoid crowded places such as concerts, arenas, conferences, and festivals.
- Avoid common greetings, such as handshakes, hugs, and kisses with people outside of your family.
- Limit contact with people at higher risk, such as older adults, and those in poor health.
- Keep a distance of at least 2 metres from others, as much as possible.

#### Hygiene

Proper hygiene can help reduce the risk of infection or spreading the infection to others:

- Wash your hands often with soap and water for at least 20 seconds, especially after using the washroom and before preparing food.
  - Use alcohol-based hand sanitizer if soap and water are not available.
- When coughing or sneezing:
  - Cough or sneeze into a tissue or the bend of your arm, not your hand.
  - Dispose of any tissues you have used as soon as possible in a lined wastebasket and wash your hands afterwards.
- Avoid touching your eyes, nose, or mouth with unwashed hands.

- Clean the following high touch surfaces frequently with regular household cleaners or diluted bleach (1 part bleach to 9 parts water):
  - Toys
  - Phones
  - Electronics
  - Door handles
  - Light switches
  - Bedside tables
  - Television remotes
  - Toilets

### Wearing masks

If you are experiencing symptoms of COVID-19 and are exposed to other persons, you should wear a mask. Masks can act as a barrier and help stop the tiny droplets from spreading when you cough or sneeze.

It is also recommended that you wear a mask when you are in public spaces. BC's public transport system and many stores have mandated that customers wear a mask when using the services.