

# COVID-19

## Updated Protective Measures – B.C.'s RESTART PLAN

### CRUCIAL REMINDERS TO CONTINUE:

#### Continue to keep your distance



- Practice physical distancing, allowing 2 metres (6 feet) between you and others
- Limit visitors and try to socialize outside while maintaining a physical distance
- If more than one person is in an elevator - wait for the next one if you cannot maintain an appropriate distance
- Avoid congregating in common spaces such as lobby's and hallways

#### Protect



- Avoid hugs, handshakes and practice good hygiene by covering coughs & sneezes into your elbow
- Avoid touching your mouth, nose and eyes
- Wear a non-medical or cloth mask when physical distancing is not possible to help protect others

#### Wash your hands



- Wash your hands frequently for 20 seconds, or use hand sanitizer, especially after touching shared surfaces (i.e. handrails, intercoms, laundry machines, elevator buttons to ensure you eliminate possible virus contamination.

#### Stop the spread



- Tenants demonstrating any cold or flu symptoms (fever, cough, difficulty breathing) are asked to self isolate for 14 days and contact Health Link BC at 811 to get tested
- If you have been told to self isolate, you must do so immediately
- If you are concerned about your health or have questions about COVID-19, please call your primary health provider or Health Link BC at 8-1-1.

Tenants can also contact the Tenant Support and Information Line at 1-833-301-4707 Monday - Friday 8:30 to 4:00 for access to any resources, information or referrals.

BE KIND, BE CALM AND STAY SAFE EVERYONE!