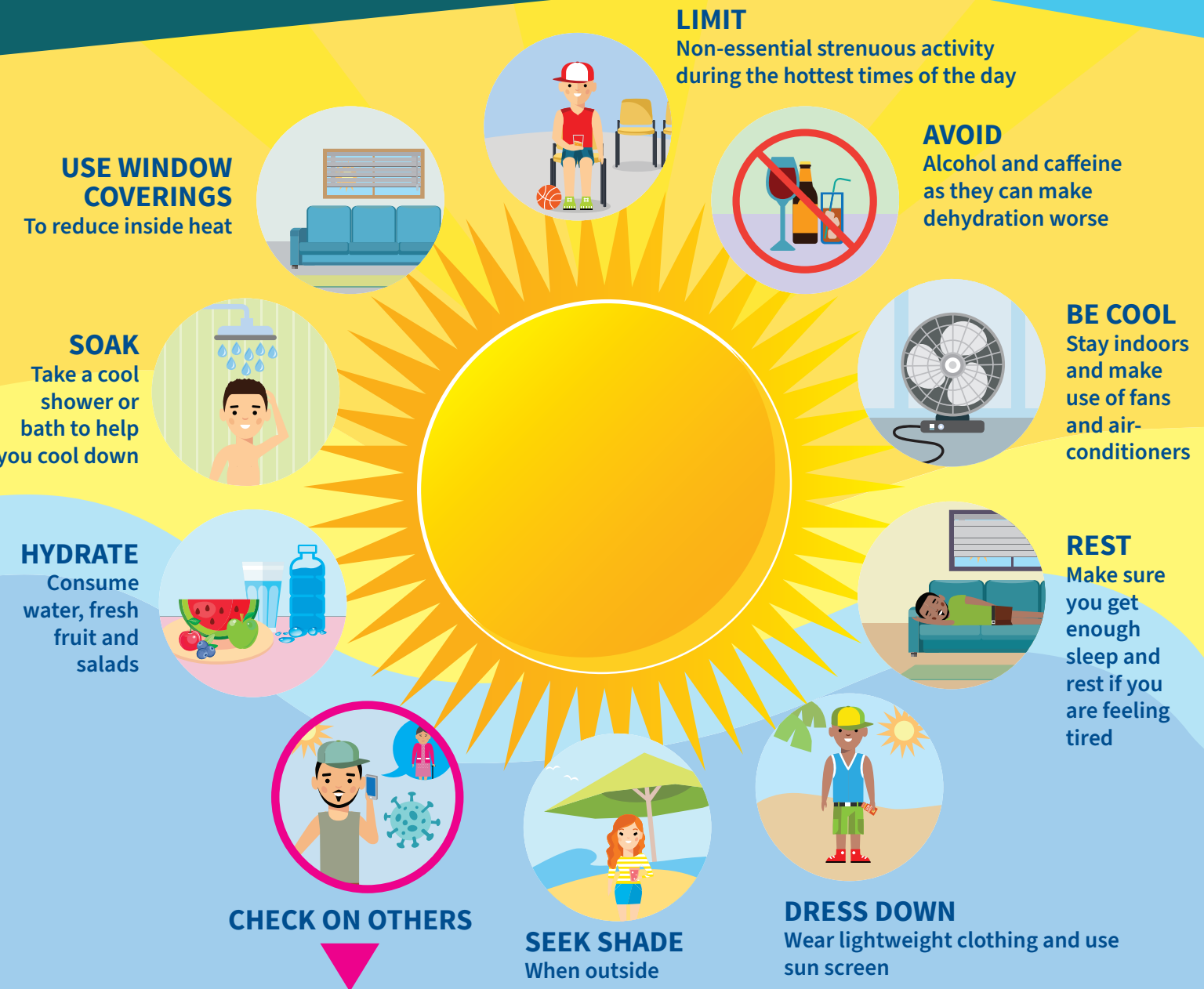


Tips to Beat the Heat!



Checking on others during Covid-19

- TELEPHONE:** Family & neighbours to keep in contact
- KEEP 2M AWAY:** Leave supplies outside door
- WEAR A MASK & GLOVES:** Indoors, as needed



During Covid-19 remember:

- Wash or disinfect hands regularly
- As needed, wear gloves/mask
- Physical distance min. 2m (6ft.)

To report Covid-19 symptoms, or if you or someone you are in contact with is experiencing flu/cold symptoms, please avoid using common spaces and **Call 811**. For non emergency Covid 19 info call **1-888-COVID19**.

For more information visit: www.HealthLinkBC.ca