Social Distancing:
Social distancing is an imperative measure we all must make in order to stop the spread. By closing the common area we can help tenants practice social distancing and avoid unnecessary contact with others.

Resources:
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.

This is an uncertain time and many of us are feeling fearful around this issue. If you find that this is affecting your mental health, please call 310 Mental Health Support at 604-310-6789 or in the lower mainland you can call your local crisis line at 604-872-3311.

Hand Washing:
Health officials tell us that frequent handwashing with soap and warm water remains the best defense. You can also limit the spread of illness by following these other simple practices:
- Avoid touching your face
- Cough or sneeze into your elbow
- If you use a tissue, dispose of it as soon as possible, then wash your hands