

How to reduce your risk

OUTDOOR AND PUBLIC SPACES

There are steps you can take to protect yourself and others from the spread of COVID-19.



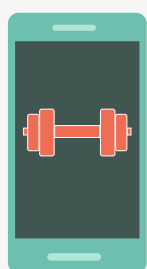
Stay home if you are sick.



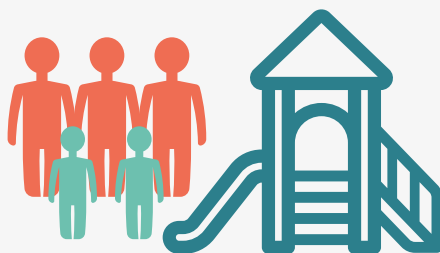
Wash your hands before and after going out.



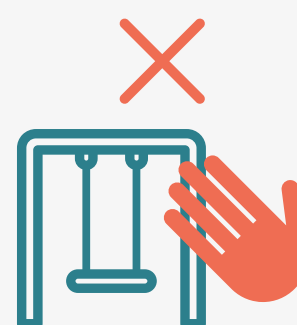
Stay home if possible.



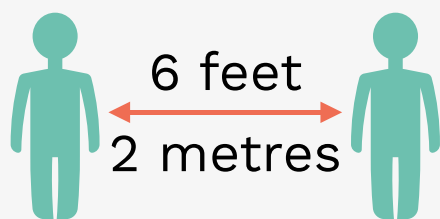
Search online classes for home workout inspiration.



Public places like parks may be crowded and not disinfected regularly.



Avoid touching surfaces.



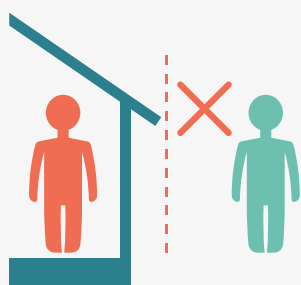
Politely remind others to keep a distance of 2 metres when passing.



Respect closed off facilities and equipment.



Connect with your friends electronically instead of meeting in person.



Limit outings to the people in your household.



Wave, smile, or say hello instead of handshakes.

WE'RE IN THIS TOGETHER!



**Lambton
Public Health**

160 Exmouth St.,
Point Edward, ON
N7T 7Z6

Phone: 519-383-8331
1-800-667-1839
LambtonPublicHealth.ca