



MULTICULTURAL COUNCIL
OF WINDSOR AND ESSEX COUNTY

Investing in People

COVID-19

**How to practice
physical distancing**

We hope that you will review this simple guide to protecting yourself from the COVID-19 virus and share it with your family and friends.

The success of our community depends on each member making responsible choices and taking appropriate actions.



Wash Your Hands

Use soap and water, wash frequently and thoroughly



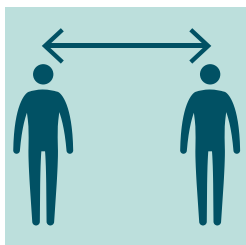
Avoid Personal Contact

Decline greetings like handshakes and hugs



Avoid Gathering with Others

Use technology to socialize



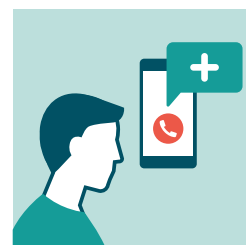
Keep 2 Meters Between Yourself and Others

Maintain a generous personal space



Stay at Home

Only go out for Emergencies



Stay Informed

Review the latest guidelines about prevention and treatment

Seek Medical Attention for Symptoms

Report illness to medical professionals



FEVER



COUGH



SHORTNESS
OF BREATH

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