

2019 Novel Coronavirus (COVID-19)

What you need to know to help you and your family stay healthy



**Wash your hands with soap
and water thoroughly and often.**

**Cough and sneeze into your sleeve or a tissue.
Dispose of tissue immediately and wash your hands.**



Keep surfaces clean and disinfected.

Stay home when you are sick.



**If you've traveled lately or
have a family member who
has, please have your selves
tested & quarantine if
necessary**

The following websites will also be helpful:

<https://www.canada.ca/en/public-health.html>

<https://travel.gc.ca/travelling/advisories>

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

<https://www.who.int/health-topics/coronavirus>

<https://www.iata.org/en/programs/safety/health/diseases>

For more information, visit

<https://www.gov.nu.ca/health/information/covid-19-novel-coronavirus>

