

# Protect yourself and others during COVID-19



Be aware of the most current, credible public health information/recommendations.



Stay home if you're sick.



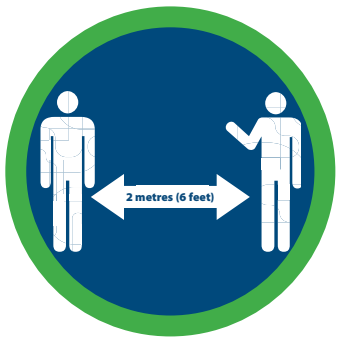
Frequently clean high touch items such as: phones, steering wheels, gas nozzles, keyboards and remotes.



Wash your hands often for at least 20 seconds where possible or use hand sanitizer.



Pay attention to physical barriers and signage with rules for usage and reminders.



Maintain physical distancing – keep 2 metres (6 feet) away from others. Do not gather in groups.



Use contactless payment and avoid handling money as much as possible (where applicable).



The use of non-medical masks/face coverings are mandatory when physical distancing is not possible or difficult to maintain. In Commercial Establishments, non-medical masks/face coverings are mandatory.



Avoid sharing equipment and/or food.



Avoid touching the face (eyes, nose and mouth).



Avoid group gatherings and limit the number of people within an area.



Cover your cough/sneeze with a tissue and throw the tissue in the garbage and practice hand hygiene; if a tissue is not available, sneeze into your sleeve or arm.



Avoid touched surfaces.