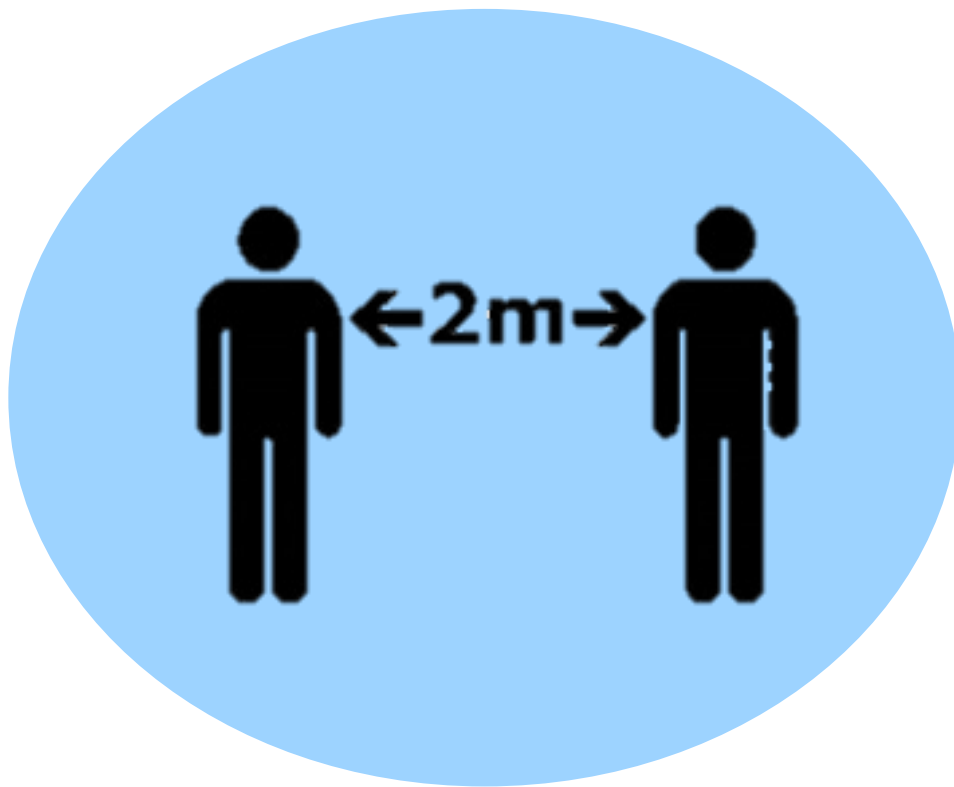


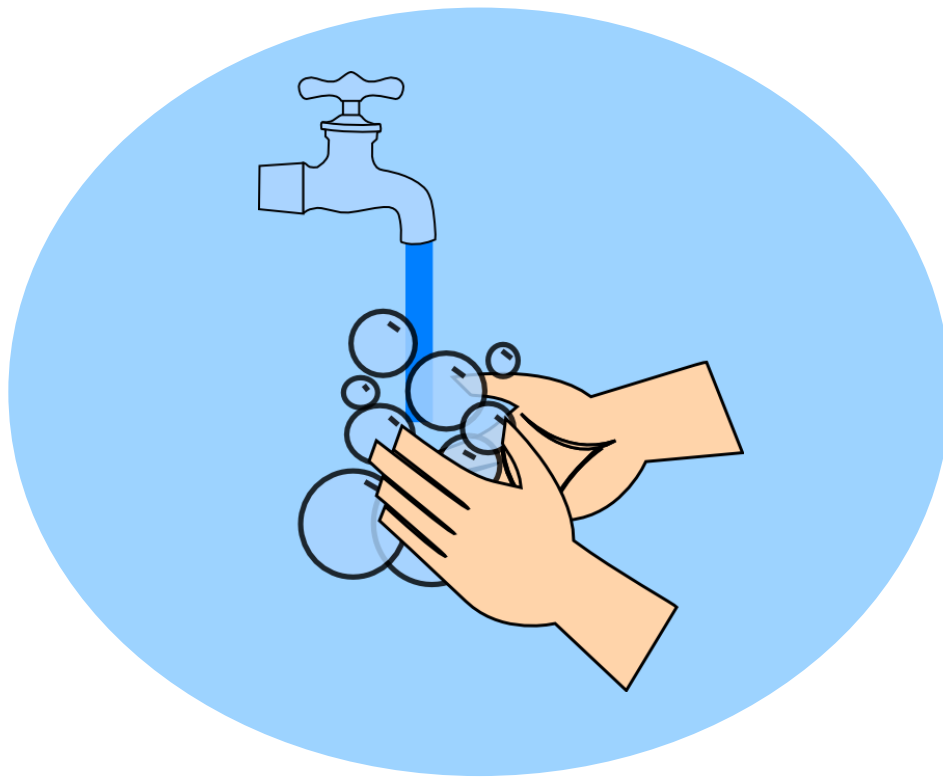
SOCIAL DISTANCING PREVENTS THE SPREAD OF COVID-19



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- **People not from the same household or extended household must always maintain **two metres** of physical distance.**
 - **If you are unable to social distance, please **wear a mask**.**

HAND HYGIENE

**IT'S THE MOST EFFECTIVE WAY TO
PREVENT THE SPREAD OF GERMS**



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- **Wash or Sanitize** your hands frequently, including prior to, throughout, and at the end of the activity.
 - **Refrain from touching your face at all times.**
 - **Avoid coughing into your hands.**
 - **Avoid handshakes** and any other physical contact.

MAXIMUM GATHERINGS

ADHERE TO MAXIMUM GATHERING LIMITS



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- **Group and team gatherings must adhere to the maximum gathering limits per the public health order.**
 - **Limit time spent in crowded spaces.**

WIPE SURFACES CLEAN TO PROTECT AGAINST COVID-19



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- **Shared equipment must be cleaned and disinfected frequently and where possible, participants should supply their own equipment.**
 - **User groups are responsible for ensuring all frequently touched surfaces are cleaned and disinfected before and after use.**

SOME ACTIVITIES INCREASE THE RISK OF COVID-19 TRANSMISSION



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- **Sharing beverage containers, singing and other similar behaviours increase the risk of COVID-19 transmission.**
 - **Some safe activities include:**
 - **Nature walks, computer fun, video chats with friends and family, and personal activities such as knitting, painting, and home improvement projects.**