



First Nations Health Authority  
Health through wellness

# Protect Yourself From COVID-19 (caused by novel coronavirus)

Each of us plays a role in protecting our communities and loved ones. Follow these tips to prevent COVID-19 and stop the spread of germs!

- Remember to wash your hands frequently with soap and water, and encourage others to do the same. If you can't wash your hands, then use hand sanitizer.
- Try to avoid touching your face.
- Frequently clean and sanitize door handles, washrooms and surfaces that are touched often.
- Recommend that people sneeze and cough into a tissue or their elbow.
- You may be used to greeting friends, family and colleagues with a hug or a handshake, but make bumping elbows the new greeting for now.
- Make sure to wash your hands before and after eating, and don't share plates or utensils with others.
- If you are not feeling well, please stay home from work or work from home. This will keep those around you safer.
- Limit unnecessary travel and avoid gathering with others unless necessary.
- If you have traveled out of the country, you should self-isolate for 14 days upon return.
- Masks are not effective at preventing infection, and may increase risks by causing people to touch their faces more often. Use a mask only if directed to by your health care provider.

**During this time, it is important to check in with yourself and others—if you aren't feeling 100%, it is better to stay home for now. Thank you for doing your part to keep your community safe!**

Learn more and get all COVID-19 updates at [www.fnha.ca/coronavirus](http://www.fnha.ca/coronavirus)