COVID-19

The Pandemic Continues

The pandemic continues. Every site must be safe for every person. Wear a mask.

- Make sure the mask is worn properly
- Cover your nose and mouth with the mask
- Put on the mask properly

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- Cover your nose and mouth with the mask
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Wear a mask

Hand Hygiene

When you wash your hands,
- Use soap and water
- Use an alcohol-based hand sanitizer

Physically Distanced

- Keep 2 meters/6 feet apart
- Wear a mask
- Wash your hands regularly

Food & Drink

- Eat and drink separately
- Wash your hands before and after

Punjab

ahs.ca/covid

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Disclaimer

This information is intended to be used as a general guide for individuals. It is not a substitute for medical advice. Always consult a healthcare professional for guidance.

Alberta Health Services