Physical Distancing
To protect and support patients and colleagues at this site, you **MUST**:

- Keep at least 2 arms’ lengths (2 metres/6 feet) away from others.
- Restrict being in eating areas to the time it takes to eat.
- Refrain from touching your face.
- Wash your hands with soap and water **OR** clean your hands with alcohol-based hand rub **BEFORE** and **AFTER** eating.

Thank you for being safe, kind and patient.
We’re in this together. We’ll get through it together.

[ahs.ca/covid](https://ahs.ca/covid)