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.

[Image of physical distancing]

[Image of hand washing]

[Image of face touching]

[Image of eating areas]

[Logo: Alberta Health Services]

[Logo: ahs.ca/covid]