

# STAY HOME TO PROTECT YOURSELF AND YOUR LOVED ONES

**Fed up at home?**

**Tired of spending time alone?**

You may be tempted to stop physical distancing efforts and start visiting friends and family again.



But there's still a risk of catching COVID-19 from others. A person doesn't have to be showing symptoms to be infectious.

You too could become infected and, without knowing, pass along the virus to other people you visit or members of your household...



...potentially putting our elders, who are more vulnerable, at risk. In order to protect our elders, we should continue to act as if we already have the virus.

- ✓ Stay home as much as possible.
- ✓ Maintain physical distance (stay 2 metres apart) when going out on essential errands.



**Now is not the time to relax efforts to protect one another.**