



# PROTECTING OUR COMMUNITIES FROM COVID-19 by REMAINING STRONG AND COMMITTED



## OUR SUCCESS TO DATE



Due to the strength and dedication of our community members, we have been successful in preventing the spread of COVID-19 in our communities.

By staying home as much as possible and practicing physical distancing when outside of our households, we have protected the lives of our elders and most vulnerable.



## THE NEXT PHASE

The flattening of the curve has led to the relaxation of some restrictions in BC and the Yukon and we know that this will increase the risk of the virus spreading in our communities.

*"We've never had a pandemic in recorded history that has not had a **second wave**."*

- Dr. Bonnie Henry,  
Provincial Health Officer



It is still too early to let our guard down.  
We may be tired, but the virus is not.



## OUR SHARED COMMITMENT

We need to remain strong and continue to practice the protective measures that have helped to keep our communities safe. Here are the key principles\* for going forward:



**MAINTAIN PHYSICAL DISTANCE**  
when outside of your household



**INCREASE CLEANING**  
at home and at work



**WASH YOUR HANDS**  
frequently with soap for 20 seconds



**STAY INFORMED**  
be prepared and follow public health advice



**STAY AT HOME**  
and away from others if you feel ill



**WEAR A MASK**  
when physical distancing may be difficult



**MINIMIZE NON-ESSENTIAL TRIPS**  
and don't travel to other communities



**MAKE SPACES SAFER**  
increase spacing indoors, use barriers in stores etc.

\*Source: Provincial Health Officer

By remaining vigilant and continuing to work together we can keep our communities safe.



Infographic prepared by CCEM Strategies Ltd.