

COVID-19 & Respiratory Viruses: Reduce Virus Spread Guide

Everyone has a role to play to reduce the spread of COVID-19 and respiratory viruses (such as the flu). The actions you take will protect you, loved ones and those most vulnerable in our community.

Tips to Prevent the Spread

We can layer our protection against COVID-19 and respiratory viruses with some simple steps:

- Stay up-to-date with your vaccinations including a fall COVID-19 booster and flu vaccine when eligible for the best protection against getting very sick from COVID-19 and influenza.
- Even if you have had a recent COVID-19 infection, staying up-to-date with your vaccinations gives you stronger hybrid immunity
- It is strongly recommended everyone wear a high quality, well fitting mask
- Socialize outdoors when possible – outdoors is lower risk than being indoors.
- Stay home if you are sick or have symptoms, even if they are mild.
- If you have symptoms, get tested for COVID-19 and treatment if you are eligible.
- Wash or sanitize your hands often.
- Cover your cough or sneeze with your elbow or a tissue.
- Clean and disinfect frequently touched surfaces.
- Choose well ventilated spaces when possible.
- Reduce or limit the number of people you have close contact with, especially indoors and if you are around people who are at higher risk or have a health condition.
- Keep a social distancing when possible, especially indoors