

HAPPY HOLIDAYS

To help protect your loved ones, especially older family members, keep close contacts limited to those in your household. For everybody else, wear a mask and maintain two metres physical distance.



UNSAFE

Any indoor gathering with anyone who isn't part of your household

Please avoid:

- Inviting guests into your home
- Being closer than two metres from others
- Sharing food
- Travel for non-essential reasons



USE CAUTION

Outdoor gatherings with people who aren't part of your household

Tips:

- Maintain two metres distance from others and wear a mask
- Participate in outdoor activities (e.g. hiking, skiing, tobogganing etc.)
- Do not share food and drinks
- Keep gatherings short



SAFER OPTIONS

Stay with your household and celebrate the holidays with others virtually

Ideas:

- Connect virtually (e.g. video call while enjoying dinner, holiday baking, making crafts)
- Call loved ones
- Mail or drop off gifts
- Donate to local charities or do random acts of kindness

FOR MORE INFORMATION ON CORONAVIRUS:
<https://www.healthunit.com/novel-coronavirus>