

Protect yourself and others from respiratory illnesses



Stay up-to-date with all recommended COVID-19 and Influenza vaccines.



If you are unwell, stay home, self-isolate and complete the provincial self-assessment tool at ontario.ca/self-assessment. Speak with your health care provider, if needed.



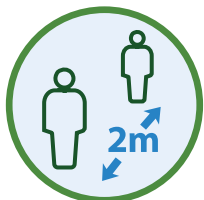
Wear a well-fitted mask in indoor public settings and when physical distancing cannot be maintained.



Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, sneeze or cough into your elbow.



Wash hands frequently with soap and water or with alcohol-based hand rub.



Practice physical distancing by maintaining a 2-metre (6-foot) distance from others outside of your household.

For more information, please visit halton.ca.