



Stopping COVID Starts at Home

For our community. For our families.

As COVID numbers rise, we all need to do what we can to stop the spread of the virus. Because COVID is **NOT** the flu; it is far more contagious and 25x more-deadly.

That doesn't mean we have to be afraid. We know we can protect ourselves, our families and our community with some simple actions.

- Follow the latest provincial health restrictions found here:
<https://www.gov.mb.ca/covid19/prs/index.html>
- Wash your hands with soap and water for at least 15 seconds after going in and out of buildings or touching commonly used surfaces.
- Practice social distancing by keeping at least 2 meters apart.
- Wear a mask in public places.
- Stay home if you or anyone at home is sick or named as a COVID-19 case or contact.
- Send only one family member to do essential shopping

Most importantly, **get your COVID vaccination as soon as it becomes available to you.**

Vaccines are tested, safe and effective at reducing the symptoms and transmission of COVID. You can get information and answers to your vaccine questions here:

<https://www.gov.mb.ca/covid19/vaccine/faq.html>

And you can find out when and how you can book a vaccine appointment here:

<https://www.gov.mb.ca/covid19/vaccine/eligibility-criteria.html>

It's been tough. It's been frustrating. But if each of us listens to the health advice and does our part, we can get the numbers down... and get back to a more normal routine.