

Core personal public health measures must remain in place throughout all phases:



Ensuring physical distancing when outside of the home



Practising good hygiene (hand hygiene, avoid touching face, respiratory etiquette, disinfect frequently touched surfaces)



Staying informed, being prepared and following public health advice



Limit non-essential travel



Increasing environmental cleaning & ventilation of public spaces & worksites



Staying at home (not going to school/work) and away from others when symptomatic and following public health advice



Considering use of non-medical mask or face covering in situations where physical distance cannot be maintained



Wearing medical mask if symptomatic and in close contact with others or going out to access medical care. If not available, non-medical mask or face covering