

I have not been instructed to self-isolate but would like to as a precaution.

### **Instructions:**

Continue with regular good hygiene practices. Including, washing your hands; cover your cough; stay home if sick.

To reduce the spread of germs including the flu and the novel coronavirus (COVID-19) we recommend that you:

- Wash your hands often with soap and water, or use hand sanitizer
- Avoid touching your eyes, nose, and mouth unless you have just washed your hands with soap
- Cover your cough and sneeze with a tissue or into your arm, not your hand
- If possible, stay home if you are sick
- Avoid visiting people in hospitals or long-term care facilities if you are sick.
- It is still recommended to get your Flu shot if you haven't already as the flu virus is still circulating in the community.