We can <u>all</u> help prevent the spread of COVID-19 by taking a few simple but important steps:

Stay at least 2 meters (6 feet) away from other people

Wear a mask when you cannot stay 2 meters away from other people

Wash your hands or use alcohol-based hand rub often

Cough or sneeze into a tissue or your elbow, then clean your hands

Clean surfaces that you touch often

Limit the number of people you have close contact with

Stay informed and follow public health advice

Get vaccinated when you have the opportunity

To ensure safe care:

When health care workers provide care to you, they will come closer than two metres (six feet).

However, they should stay six feet away from others when possible. This means you should limit the number of people who are in your home when the home support worker is there. Anyone who needs to be in your home to support you while you receive care should stay at least six feet apart from the health care worker and wear a mask.

Keep your home care worker informed.

Tell your home care worker if you or someone in your home has COVID-19 or thinks they might have it. It's also important for your home care worker to know if someone in your home is self-isolating or is recovering from COVID-19. If you or someone in your home has symptoms, notify your service provider when they arrive, keep your distance from others, stay in your home and call 811.

Remember:

Wearing a mask is safer for everyone.

We strongly recommend you and those in your home wear non-medical masks when you are receiving home care services.

Working together, we can keep each other and our communities healthy and safe. Your actions will affect you, your loved ones and your care providers. By following these steps, you are also protecting the people in our communities who are most at risk. **Thank you for your help!**

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For information visit: novascotia.ca/coronavirus

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