

Important message for Indigenous communities regarding COVID-19

The Public Health Agency of Canada is actively monitoring the situation regarding COVID-19, the novel coronavirus.

We all have a role to play to prevent the spread of germs within our communities: to protect ourselves, our families, and those at higher risk.

Together, we can take the following steps to slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other:

- avoid crowded places
- avoid non-essential community and cultural gatherings
- avoid handshakes
- keep a distance of at least 2 arms lengths (approximately 2 metres) from others, as much as possible
- limit contact with people at higher risk (for example older adults and those with other health conditions)

Also:

- wash your hands often
- cough and sneeze into your arm
- throw out used tissues right away
- clean and disinfect shared surfaces
- avoid touching your eyes, nose or mouth

For more information about the novel coronavirus visit Canada.ca/coronavirus or call the Government of Canada's toll free line at 1-833-784-4397.

A message from the Government of Canada.

