Tips for District Residents

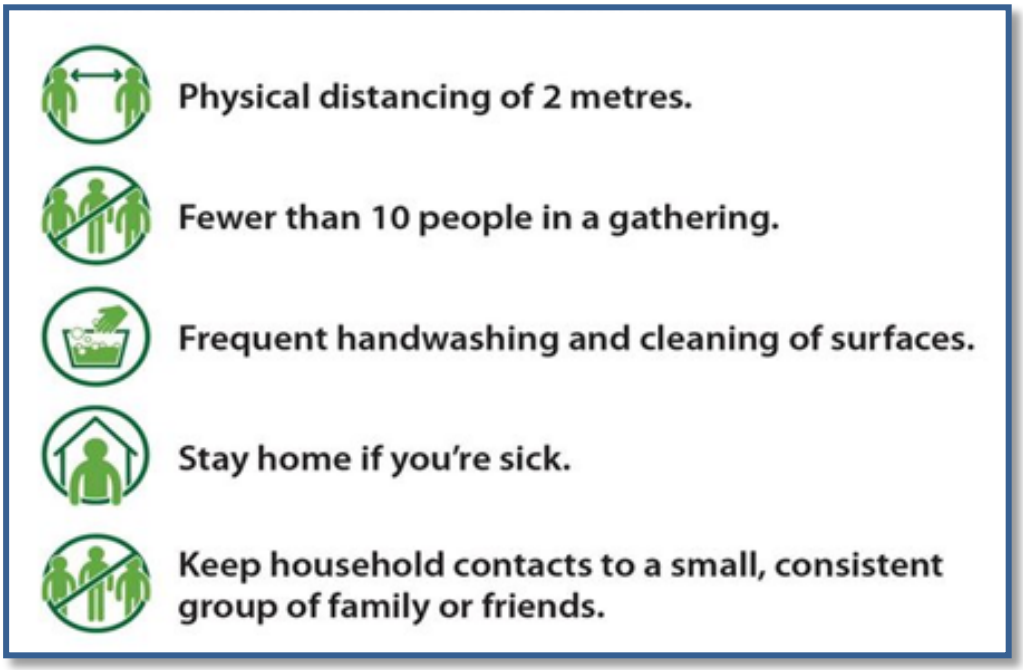
…to keep the COVID-19 curve flat

Physical Distancing

- Greet with a wave instead of a handshake, a kiss or a hug.
- Stay home as much as possible, including for meals and entertainment.
- Grocery shop once or twice per week.
- Host virtual playdates for your kids.
- Use technology to keep in touch with friends and family.
- Exercise at home or outside.
- Work from home and conduct virtual meetings.

Cleaning & Health

- Use household cleaners or diluted bleach to clean surfaces.
- Wipe tables and other frequently used surfaces often (door knobs, hand rails, etc.).
- Clean your kitchen and bathrooms more often and common areas once a day.
- Do not mix ammonia-based and bleach products as this can create a toxic gas.
- Cover your coughs and sneezes.
- Wash your hands often with soap and water for at least 20 seconds.
- Flush the toilet with the lid down.
- Self-monitor for symptoms like fever, cough, sore throat, difficulty breathing and generally feeling unwell.
- Stay home if you are sick and self-isolate.



Northern Municipal Services current as of May 22, 2020

SELF-MONITORING	SELF-ISOLATION	ISOLATION
You have: ▸ no symptoms AND ▸ a history of possible exposure to the novel coronavirus that causes COVID-19, in the last 14 days	You have: ▸ no symptoms AND ▸ a history of possible exposure to the novel coronavirus due to travel outside of Canada or close contact with a person diagnosed with COVID-19	You have: ▸ symptoms, even if mild AND ▸ you have been **diagnosed with COVID-19** or are waiting for the results of a lab test for COVID-19
SELF-MONITOR means to: ▸ **monitor yourself** for 14 days for one or more symptoms of COVID-19 ▸ go about your day but **avoid crowded places** and increase your personal space from others, whenever possible	**SELF-ISOLATE** means to: ▸ **stay at home** and monitor yourself for symptoms, even if mild, for 14 days ▸ **avoid contact with other people** to help prevent the spread of disease in your home and in your community in the event you become symptomatic	To be **ISOLATED** means to: ▸ **stay at home** until your Public Health Authority advises you that you are no longer at risk of spreading the virus to others ▸ **avoid contact with other people** to help prevent the spread of disease in your home and in your community, particularly people at high risk of severe illness outcomes such as older adults or medically vulnerable people
You need to **self-monitor** if: ▸ you have reason to believe you have been **exposed to a person** with COVID-19 ***OR*** ▸ you are in **close contact** with older adults or medically vulnerable people ***OR*** ▸ you have **been advised to self-monitor** for any other reason by your Public Health Authority	**Self-isolate** if: ▸ you have travelled **outside of Canada** within the last 14 days ***OR*** ▸ your Public Health Authority has identified you as a **close contact** of someone diagnosed with COVID-19	You need to **isolate** if: ▸ you have been **diagnosed** with COVID-19 ***OR*** ▸ you are **waiting to hear the results** of a laboratory test for COVID-19 ***OR*** ▸ you have been **advised to isolate at home** for any other reason by your Public Health Authority

HealthLine:	Reporting Public Health Non-Compliance	Saskatchewan Public Safety Agency	Business Response Team
811	310-7267	1-855-559-5502	1-844-800-8688
COVID19@health.gov.sk.ca			supportforbusiness@gov.sk.ca

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For further information, contact:
Northern Municipal Services – Ministry of Government Relations
1-800-663-1555
planningforgrowthnorthsk.com