

# Please stay home

- Yes, even if you are well (unless you absolutely have to go out if its urgent).
- Wash your hands often
- Practice social distancing (2 metres apart)
- Send only one person (the same person) to the grocery store, and only when absolutely necessary.
- Clean surfaces frequently.
- Cough/sneeze into your elbow, discard tissue in garbage/toilet and wash your hands.
- This will help to 'flatten the curve' and will prevent lots of sick people from accessing our healthcare system all at once.