

## Wash your hands.

- Follow the handwashing guidelines from the Public Health Agency of Canada.
- Create reminders to wash your hands.

 [More about HANDWASHING](#)



## Take care of yourself.

- Take things one day at a time.
- Do yoga or other activities to stay active and de-stress.

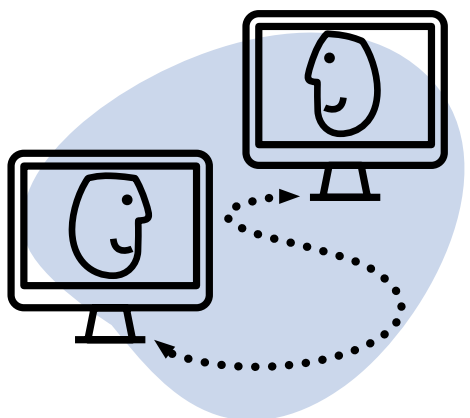
 [More about SELF-CARE](#)



## Stay active at home.

- Keep doing the things you love to do, like painting or baking
- Stay physically active
- Check online for activity ideas

 [More about HOME ACTIVITIES](#)



## Stay connected.

- Schedule regular calls with friends and family.
- Use Skype, Zoom or video chat to do activities with others.

 [More about CONNECTING](#)

## What to do if you get COVID-19

- Make a plan in case you become ill.
- If you are experiencing symptoms, contact your healthcare provider or local public health agency.

 [More about planning ahead](#)