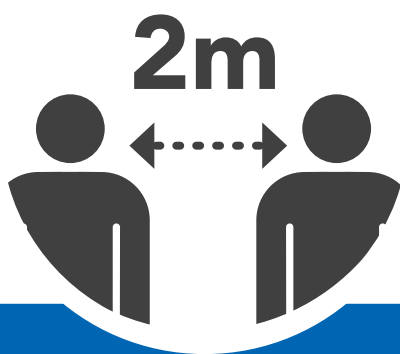


# COVID-19

## Core Four



### Stay apart

Maintain 2-metres distance **from anyone who doesn't live with you** or is not your essential caregiver.



### Lather up

Wash your hands with soap and water; or use hand sanitizer.



### Mask up

Wear a non-medical mask where maintaining physical distancing is difficult and **where masks are mandatory**. Protect the supply of medical grade masks for health care workers.



### Get tested

Get tested if you think you have COVID-19 or may have been exposed to it. Stay home, self-isolate and prevent potential spread.

CDS-0673 20/10/31

For more information visit [peelregion.ca/coronavirus](https://peelregion.ca/coronavirus)

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