

## COVID-19 INFORMATION

# Help Prevent the Spread



Wash your hands frequently with soap and water.



Cover coughs and sneezes with a flexed elbow or a tissue.



Avoid touching your face.



Self-isolate if you're feeling sick.



Keep a distance of 2 metres between yourself and someone who is coughing, sneezing or has a fever,



Call Health Link at 8-1-1 for questions or to arrange testing if you believe you may have COVID-19. Don't go to your doctor or a health facility; Call 8-1-1 first.



Be informed and subscribe to updates at [banff.ca/COVID](https://banff.ca/COVID)

