

# TALKING TO YOUR FRIENDS & FAMILY ABOUT COVID-19



Friends and members of your family may be turning to you for information about COVID-19.

Here is what you can say:

## STAY INFORMED

Use trusted sources for the most up-to-date information:

-  **Renfrew County and District Health Unit**  
www.rcdhu.com
-  **Government of Ontario**  
covid-19.ontario.ca
-  **Public Health Agency of Canada**  
www.canada.ca/en/public-health
-  **World Health Organizations**  
www.who.in

## PRACTICE GOOD HYGIENE

Wash your hands thoroughly and often with soap and water



Use hand sanitizer after touching surfaces

Avoid touching your face



Cover your mouth and nose when coughing or sneezing



Avoid contact with others and stay home



## KNOW THE SIGNS AND SYMPTOMS

Symptoms range from mild to severe. The most common symptoms include but are not limited to:



## AVOID CONTACT WITH OTHERS

Stay home, self isolate, only leave for absolute essentials



No visitors unless essential (e.g. care providers)



Stay away from seniors and people with chronic medical conditions (e.g. diabetes, lung problems, immune deficiency)



As much as possible, stay in a separate room away from other people in your home and use a separate bathroom if you have one



Make sure that shared rooms have good airflow (e.g. open windows)



If these steps are not possible, keep a distance of at least two metres from others at all times

## FOLLOW PROPER PROCEDURES

If you or someone in your close contacts are suspected to have COVID-19, follow the proper procedures:



Complete the **COVID-19** Self Assessment found **online** <http://covid-19.ontario.ca/self-assessment>

Contact Public Health 613-735-8654

Call your family physician's office



If you do not have a family physician or cannot access your family physician, call the Renfrew County Virtual Triage and Assessment Centre at 1-844-727-6404.



**RC VTAC**  
Renfrew County Virtual Triage and Assessment Centre



County of  
**Renfrew**  
Ontario . Canada

[www.countyofrenfrew.on.ca](http://www.countyofrenfrew.on.ca)

Adapted from:

