

## **Important Message for Indigenous Communities regarding COVID-19**

- The Public Health Agency of Canada is actively monitoring the situation regarding COVID-19 - the novel coronavirus.
- We all have a role to play to prevent the spread of germs within our communities – to protect ourselves, our families, and those at higher risk.
- Together, we can take the following steps to slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other:
  - Avoid crowded places;
  - Avoid non-essential community and cultural gatherings;
  - Avoid handshakes;
  - Keep a distance of at least 2 arms lengths (approximately 2 metres) from others, as much as possible;
  - Limit contact with people at higher risk (e.g. older adults and those with other health conditions).
- Also, wash your hands often, cough and sneeze into your arm, throw out used tissues right away, clean and disinfect shared surfaces and avoid touching your eyes, nose or mouth.
- For more information about the novel coronavirus visit [Canada.ca/coronavirus](https://Canada.ca/coronavirus) or call the Government of Canada's toll free line at 1-833-784-4397.
- A message from the Government of Canada

