



First Nations Health Authority
Health through wellness

Protect Yourself From COVID-19

Each of us play a role in protecting our communities and our loved ones. Follow these tips to prevent COVID-19 and stop the spread!

- **Get vaccinated.** The more people who are vaccinated, the less chance the virus has to spread and to mutate.
- **Maintain physical distancing** from people outside your household by staying at least two metres (six feet) away.
- **Wear a facemask** when indoors with people from outside your household. A cloth mask is fine for most public spaces. Medical facilities will provide you with a medical mask before entering the premises.
- **Do not use formal greetings** such as handshakes, hugs or kisses with friends or people outside your household. Safe greetings include waving, nodding or "air hugging."
- **Make sure to wash your hands** and cough or sneeze into your sleeve or a napkin.
- **Stay home** if you are not feeling well. This will keep those around you safer.
- **Limit unnecessary travel** and avoid larger gatherings with others. An exception can be made for participants of the BC Vaccine Card program.
- **Self-isolate and get tested** for COVID-19 if you are exhibiting symptoms

To get vaccinated through a provincial clinic:

You can register online at: gov.bc.ca/getvaccinated.html

During the pandemic it is important to check in with yourself and others—if you aren't feeling 100%, it is better to stay home.

Thank you for doing your part to keep your community safe!

Learn more about COVID-19 prevention at www.fnha.ca/coronavirus