

COVID-19

Protect yourself!

Washing your hands



1. Wet your hands



2. Apply soap



3. Rub your hands together to lather the soap



4. Spread the lather across the back of your hands, between your fingers and under your nails



5. Scrub your hands together for at least 20 second



6. Rinse your hands completely



7. Dry your hands using a clean paper towel



8. Turn the tap off with your paper towel

Did you know?

Some hand sanitizers don't fight coronavirus! Only hand sanitizer with at least 60% alcohol content can fully kill COVID-19. If your hand sanitizer advertises "Alcohol-Free" on its label, it may not be effective in combating coronavirus.

Your Metis Government wants you to be prepared. We are planning for something which may not happen, but being ready will ensure that we are able to respond quickly.

Call your doctor or nurse if you think you're sick!

If you have questions, please call:

Health Links at 1-888-315-9257

or

Greener Life Medical at 1-833-851-6431 or 1-647-629-0321
for **24/7 contact with a Registered Nurse or Nurse Practitioner.**

