



By order of the
Medical Officer of
Health, you are
required to:



WEAR A FACE COVERING

Except for children under the age of 2 years, people who would have difficulty breathing or a medical reason, or services that require you to temporarily remove the face covering, such as eating.



USE HAND SANITIZER

1. Apply 1 to 2 pumps to palms
2. Rub palms, fingers and back of hands
3. Rub hands for 15 seconds until dry

PLEASE KEEP A DISTANCE OF 2 METRES FROM OTHERS, IF POSSIBLE

The Medical Officer of Health is issuing this order to help prevent the spread of COVID-19. Thank you for keeping our community safe.



COVID-19

Do you have any of the following:



Fever



Cough



Difficulty breathing



**Sore throat,
trouble swallowing**



Runny nose



**Loss of taste or
smell**



Not feeling well



**Nausea, vomiting,
diarrhea**

In the past 14 days, have you been in close contact with someone who is sick or confirmed with COVID-19, without wearing appropriate PPE?

Have you returned from travel outside of Canada in the past 14 days?

If you answered YES to any of these questions, please go home & self-isolate right away. Call your health care provider or go to an assessment center to find out if you need a COVID-19 test.

ASSESSMENT CENTERS:

1. GUELPH VICTORIA ROAD RECREATION CENTER:

- 151 Victoria Rd N
- Monday – Friday 8:00 A.M to 8:00 P.M,
- Saturday- Sunday 9:00 AM – 4:00 PM

2. HEADWATERS COVID-19 ASSESSMENT CENTER ORANGEVILLE:

- 140 Rollings Drive via Hwy 10 in Orangeville
- 9:00 AM – 5:00 PM daily. Last car will be added in line at 4:30 PM

3. RURAL WELLINGTON COVID19 ASSESSMENT CENTER (MOUNT FOREST):

- Mount Forest Sportsplex, 850 Princess Street
- Monday, Wednesday and Friday from 10 a.m. - 6 p.m.

Adapted with permission from Toronto Public Health

COVID-19

Help prevent COVID-19 and other illnesses

You are welcome here if you:

- Have **no** symptoms (fever, cough, runny nose, sore throat or shortness of breath)
- Have **not** travelled outside of Canada in the past 14 days
- Have **not** been in close contact with a confirmed or probable case of COVID-19

Please remember to practice social distancing and keep a 2-meter (6 feet) space between you and others.



How to use hand sanitizer



Rub hands for
at least 15 seconds

1



Apply 1 to 2 pumps
of product to palms
of dry hands.

2



Rub hands together,
palm to palm.

3



Rub in between and
around fingers.

4



Rub back of each hand
with palm of other
hand.

5



Rub fingertips of each
hand in opposite palm.

6



Rub each thumb
clasped in opposite
hand.

7



Rub hands until
product is dry. Do not
use paper towels.

8



Once dry, your hands
are clean.

Sources:

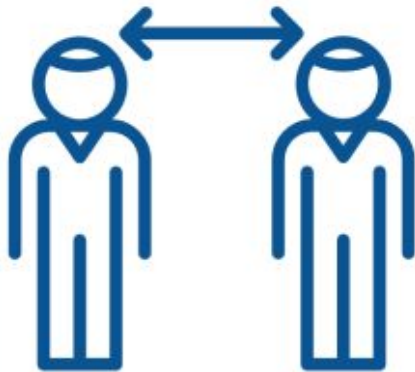
Ontario Agency for Health Protection and Promotion (Public Health Ontario), Provincial Infectious Diseases Advisory Committee. Best practices for hand hygiene in all health care settings [Internet]. 4th ed. Toronto, ON: Queen's Printer for Ontario; 2014. Available from: <https://www.publichealthontario.ca/-/media/documents/bp-hand-hygiene.pdf?la=en>

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Help stop the spread of COVID-19

Please keep your physical distance



- Physical distancing means keeping 2 metres apart from others

Adapted with permission from Toronto Public Health

When outside your home, stay at least 2 metres (or 6 feet) away from other people whenever possible.

NOTICE



**DISTANCE FROM
OTHERS**

Tri-City Training



STOP

Tri-City Training



PLEASE DO NOT ENTER

IF YOU EXPERIENCE:

FEVER COUGH

SHORTNESS OF BREATH

COVID-19 PREVENTION



**We will monitor your
temperature**



**It is mandatory to
wear a mask**



**Please sanitize
your hands**

Tri-City Training



Tri-City Training



**Sanitize
Your Hands
Here**



Tri-City Training



TRAINING SAFELY



Thank-you for your understanding
with training guidelines



**REMAIN 6 FEET
APART FROM OTHERS**



**COUGH OR SNEEZE INTO
YOUR ELBOW OR A TISSUE**



**WASH HANDS OFTEN FOR AT
LEAST 20 SECONDS**

WEAR A MASK



Tri-City Training



Stop The Spread
TRAIN SAFELY