



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:

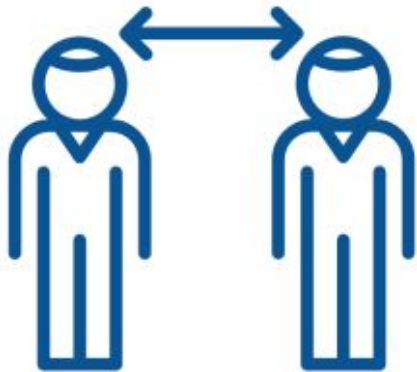
Ontario Agency for Health Protection and Promotion (Public Health Ontario), Provincial Infectious Diseases Advisory Committee. Best practices for hand hygiene in all health care settings [Internet]. 4th ed. Toronto, ON: Queen's Printer for Ontario; 2014. Available from: <https://www.publichealthontario.ca/-/media/documents/bp-hand-hygiene.pdf?la=en>

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Help stop the spread of COVID-19

**Please keep your
physical distance**

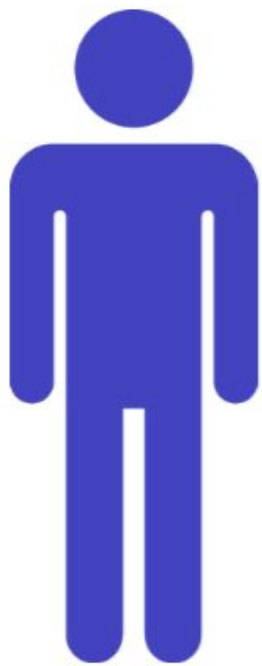


- Physical distancing means keeping 2 metres apart from others

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



**MAINTAIN
PHYSICAL
DISTANCING**



AT LEAST



2 Metres



**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**
