

# COVID-19 SAFETY PRECAUTIONS

As the COVID-19 pandemic evolves, the health and safety of all clients is paramount.

While we want you to take care of your physical and mental well-being by practising self-care, please stay home if you answer “yes” to any of the following:

- Have you traveled to anywhere outside of Canada?
- Have you been in close contact with a confirmed or probable case of COVID-19?
- Are you experiencing any COVID-19 symptoms (cough, fever, difficulty breathing)?

## HOW TO STAY SAFE



**WASH** your hands with soap and water often



**AVOID** touching your eyes, hands, nose, and mouth



**DISINFECT** frequently touched objects and surfaces



**COVER** your nose and mouth with your elbow or a tissue when coughing and sneezing



**DO NOT** shake hands. Try to stay at least one metre away from people when in public

## STAY INFORMED

The best thing you can do is regularly check government health services for updates on the current status of the disease, hygiene practices for health professionals, and workplace preparation.



Natural Health Practitioners of Canada  
Praticiens de la Santé Naturelle du Canada