



How to protect yourself from

COVID-19

Also known as the Coronavirus

Provided by your Manitoba Metis Government

Do:

- ✓ Wash your hands often
 - Rub hands together for at least 20 seconds, then rinse
 - Dry hands with a clean towel
- ✓ Cough or sneeze into a Kleenex® or your elbow
- ✓ Stay home from work or school if you're sick
- ✓ Refer to travel advice and advisories issued by the government of Canada



Do not:

- ✗ Panic!
- ✗ Attend big gatherings, especially if you're more likely to get sick

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.