

ABOUT CORONAVIRUS DISEASE (COVID-19)

Social Distancing While at a Motel

The best ways to practice social distancing

- Please do not leave the motel room for social outings. Example: Going to a friends house, going to non essential stores, etc
 - Please DO NOT allow any other people into your motel room under any circumstances
 - Please practice proper handwashing
 - YMCA Community Initiatives offices are temporarily closed to the public however, housing workers are available to help you by phone – call 519-371-9230 ext. 5
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How to Self Monitor and Isolate

Self Monitoring

- No Symptoms
- Could POSSIBLY have come in contact with someone who has contracted COVID 19
- AVOID public spaces and practice social distancing

Isolation

- Symptoms present– even if they are mild
 - STAY home and avoid all contact with other people
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KNOW THE FACTS

ABOUT CORONAVIRUS DISEASE (COVID-19)

How It Is Spread



- Through personal contact with an infected person
- Through respiratory droplets when you cough or sneeze
- Touching something with the virus on it, then touching your eyes, nose and mouth

Symptoms



FEVER



COUGH



DIFFICULTY BREATHING

Prevention

The best way to prevent the spread of infections is to:

- ◇ Wash your hands often with soap and water for at least 20 seconds
- ◇ Avoid touching your eyes, nose and mouth
- ◇ Avoid close contact with people who are sick
- ◇ Cough and sneeze into your sleeve and not your hands
- ◇ STAY HOME if you are sick to avoid spreading the virus

