

We're back together. Let's stay together.

We have been through a lot since the beginning of the COVID-19 pandemic. Following these steps will help us all stay safe and healthy in the weeks and months ahead.



Get Vaccinated

- Vaccines are our best protection for ourselves and our communities.
- Get your first and second doses of the COVID-19 vaccine as soon as you are eligible and encourage those around you to do the same.
- Drop-in to any of the immunization clinics throughout Interior Health or schedule an appointment through getvaccinated.gov.bc.gc.ca.



Wash Your Hands

- Wash your hands often with soap and water or use an alcohol-based hand sanitizer.
- Wash your hands after you've been in public places, like shopping centres and at large events.
- Avoid touching your eyes, nose, and mouth with unwashed hands.



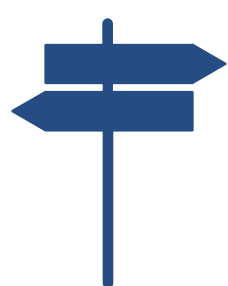
Monitor Your Health Daily

- Be aware of possible symptoms of illness: fever, cough, fatigue and other signs of COVID-19.
- If you feel unwell, get tested for COVID-19 and stay home - don't spread your illness to others.
- If you have been in close contact with someone who has COVID-19, take extra care and self-monitor for symptoms.



Wear a Mask in Public Indoor Settings

- Wearing a mask when you're inside with other people reduces the risk of spread of COVID-19.
- In some communities and businesses, masks may be required.
- Masks are required inside health care facilities, including hospitals and health centres.
- If you can, gather with large groups of people outside rather than indoors.



Plan Your Travel

- It's good to plan ahead - check to see what guidance and restrictions are in place in the communities where you're visiting.
- Having two doses of vaccine ensures you are protected when you travel, and makes it less likely you will bring COVID-19 with you to your destination.