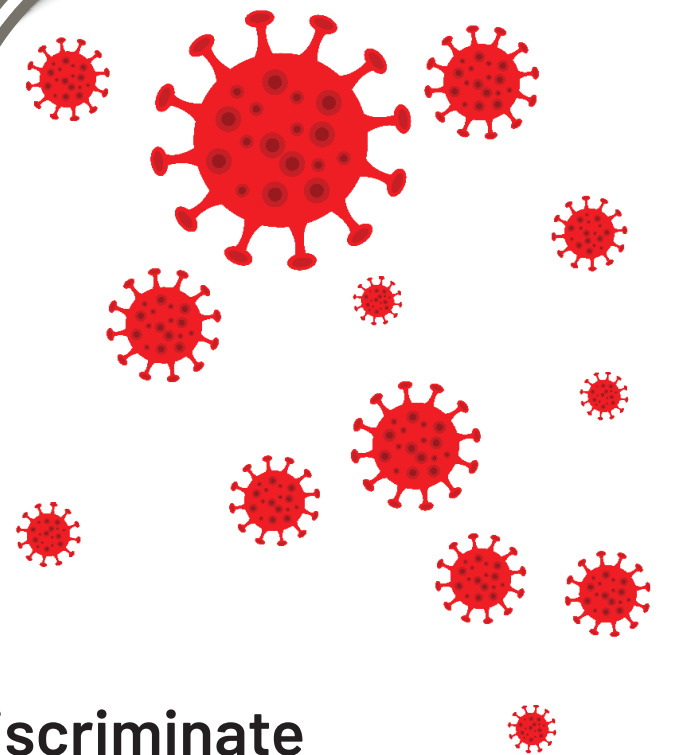




During this Provincial lockdown it is important to remember that the actions you take affect the health and safety of EVERYONE and can help prevent the spread of COVID-19.

PHYSICAL DISTANCING
Maintain a minimum distance of 2 meters or 6 feet between yourself and others.



SHOPPING

Shopping should be reserved for essential items only. Practice good hand hygiene before, during and after shopping. When possible only one family member should make the trip. Shopping is not your social hour, interactions should be kept to a minimum.

COVID-19 does not discriminate by age, gender or ethnicity.

EVERYONE IS AT RISK

ASSESSMENT CENTRE

If you are experiencing symptoms or have been directed to be tested by public health please book an appointment. 807-274-3261 ext. 4913. Over 12,000 swab tests have been performed at our Riverside Assessment Centres.



AT HOME

UNLESS SOMEONE LIVES IN YOUR HOUSE THEY SHOULDN'T BE INSIDE OF IT DURING LOCKDOWN. Make sure that shared rooms have good airflow. WASH YOUR HANDS often with soap and water. CLEAN AND DISINFECT frequently touched surfaces daily.



GET OUTDOORS

Take breaks from the news and social media. Be mindful of information overload.



TRAVEL

Riverside DOES NOT RECOMMEND nonessential travel out of the district.



MASK UP

Riverside ENCOURAGES AND SUPPORTS THE USE OF FACE MASKS IN EVERY INDOOR SETTING WHEN PHYSICAL DISTANCING IS DIFFICULT.



HOSPITALS

VISITOR RESTRICTIONS ARE STILL IN PLACE. Emergency Departments are safe and open but should be utilized for true emergencies only. Please answer all screening questions honestly both at hospital and with 911 operators.

SCREENINGS

Regardless of where you are asked screening questions it is important to ALWAYS ANSWER HONESTLY and RESPECT RULES in place at businesses and organizations.

Stay Home. Stop the Spread. Save Lives.

Riverside's priority remains the health and safety of our patients, residents, clients, staff and the entire community.