

## Be COVID-Safe

Being COVID-Safe means that you assess your actions and make healthy choices to protect yourself and those around you from COVID-19.

## Healthy COVID-Safe Choices include:

- ✓ Wearing a Mask
- ✓ Covering your cough or sneeze
- ✓ Staying home if you are unwell

- ✓ Practicing Hand Hygiene
- ✓ Physical Distancing (2m from others)
- ✓ Avoiding non-essential activities



**Avoid Close Contact** 

**Avoid Crowded Places** 

**Avoid Closed Spaces** 

## We all need to do our part.

Vision: Wholistic well-being of the community

Mission: To provide access of all opportunities of traditional and western health care to the community



## **Physical Distancing**

2 metres is about the size of a full grown male Black Bear

