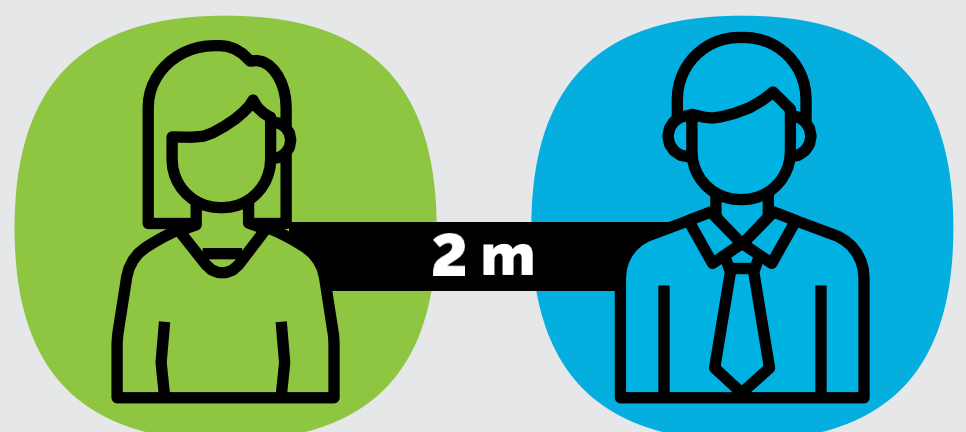


You must **NOT** enter a HWDSB building if you are experiencing:

- Severe difficulty breathing
- Severe chest pain
- Feeling confused or unsure of where you are
- Losing consciousness
- Fever or Chills (feeling hot to the touch)
- Cough (new, worsening, more than usual)
- Barking cough, (making a squeaky or whistling noise when breathing)
- Shortness of breath (out of breath, unable to breathe deeply)
- Sore throat or difficulty swallowing
- Hoarse voice (more harsh than normal)
- Runny, stuffy or congested nose (unrelated to seasonal allergies or other known causes/conditions)
- Lost sense of taste or smell
- Headache
- Digestive issues (nausea/vomiting, diarrhea, stomach pain)
- Extreme tiredness that is unusual (fatigue, lack of energy)
- Falling down often
- Muscle aches
- Pinkeye
- For young children and infants: sluggishness or lack of appetite

Practice Physical Distancing

Do your best to keep at least two metres away from others.



You must **NOT** enter a HWDSB building if:

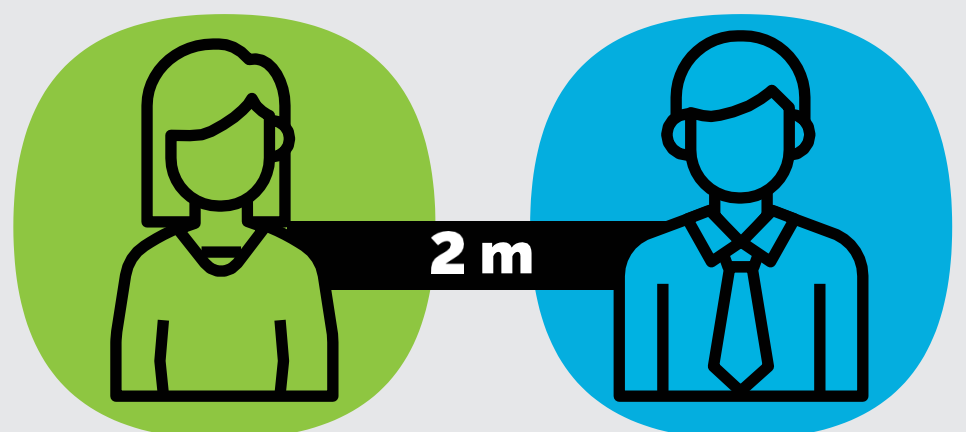
- You or a close physical contact (living in same home or being within 2 metres for over 15 minutes) has:
 - Returned from travel outside of Canada in the last 14 days
 - Tested positive for COVID-19 in the last 14 days
 - A new cough, fever, or difficulty breathing
- You are sick or feel unwell

If any of the following apply to you, you are considered to be in an at-risk group. If you have not already done so please contact your healthcare provider before entering.

- You have an immune comprised or chronic medical condition. (for example HIV/AIDs, Diabetes, COPD, Heart Conditions, Lupus, Other Autoimmune Disorders, Emphysema, Asthma)
- You are participating in medical treatment that is compromising your immune system (for example Chemotherapy, medication for transplants, Corticosteroids, TNF Inhibitors)
- You are 70 years old or older
- Pregnant or recently gave birth
- Regularly going to a hospital or health care setting for treatment (for example, dialysis, surgery, cancer treatment)

Practice Physical Distancing

Do your best to keep at least two metres away from others.



While in the building, please follow Public Health Guidelines:

- follow the advice of your local Public Health authority
- wash your hands often with soap and water for at least 20 seconds
- use alcohol-based hand sanitizer if soap and water are not available
- try not to touch your eyes, nose or mouth
- maintain a distance of at least 2 m (6 feet)
- cough and sneeze into your sleeve and not your hands
- Public Health recommends wearing a face covering when physical distancing is a challenge. If you bring a face covering, you should take it with you when you leave. Information on putting on and removing face coverings can be found at www.ontario.ca

If you have specific Public Health questions, the contact information for Hamilton Public Health Services is COVID hotline at 905-974-9848 or send questions to phscovid19@hamilton.ca



Practice Physical Distancing

Do your best to keep at least two metres away from others.

