

Tips to deal with COVID-19:

In general, the following advice can help reduce your risk of infection and help prevent the spread of infections:

- wash your hands often with soap and water for at least 20 seconds;
 - avoid touching your eyes, nose or mouth with unwashed hands;
 - avoid close contact with people who are sick;
 - when coughing or sneezing
 - cover your mouth and nose with your arms or tissue
 - wash your hands and dispose of any tissues you have used into the garbage
 - stay home if you are sick to avoid spreading illness to others.
 - Social distancing measures are a way to minimize COVID-19 transmission in the community. This means minimizing close contact with others.
1. Social Distancing require 2-3 metre space between people
 2. that families not take children shopping or for groceries
 3. that only 1 representative from the family goes for groceries

Make a Plan!

Your plan should include how you can change your regular habits to reduce your exposure to crowded places. For example, you may:

- do your grocery shopping at off-peak hours
- commute by public transit outside of the busy rush hour
- opt to exercise outdoors instead of in an indoor fitness class

Your plan should also include what you will do if you become sick. If you are a caregiver of children or other dependents, you will want to have thought ahead to engage backup caregivers.

You should also think about what you will do if a member of your family becomes sick and needs care. Talk to your employer about working from home if you are needed to care for a family member at home.

If you, yourself, become ill, [stay home until you are no longer showing symptoms](#). Employers should not require a sick leave note as that will put added pressure on limited health care services.

Your plan should include [shopping for supplies](#) that you should have on hand at all times. This will ensure you do not need to leave your home while you are sick or busy caring for an ill family member.

Your plan should build on the kits you have prepared for other potential emergencies. For more information on how to prepare yourself and your family in the event of an emergency, please visit [GetPrepared.ca](https://www.getprepared.ca).

Fill your prescriptions

Refill your prescriptions now so that you do not have to go to a busy pharmacy if you do become sick. Consider seeing your health care provider to renew your prescriptions ahead of time.

Stock up on essentials but avoid panic buying

At this time, it makes sense to fill your cupboards with non-perishable food items, so that you do not need to go shopping if you become sick.

It is easier on the supply chain if people gradually build up their household stores instead of making large-scale purchases all at once. To do this, you can add a few extra items to your grocery cart every time you shop. Good options are easy-to-prepare foods like:

- dried pasta and sauce
- prepared canned soups
- canned vegetables and beans

It is also a good idea to have extra stores of:

- pet food
- toilet paper
- facial tissue
- feminine hygiene products
- diapers (if you have children who use them)

The reason for stocking up on these items is not necessarily because you will need to self-isolate. Having these supplies on hand will ensure you do not need to leave your home at the peak of the outbreak or if you become ill.

These are the best sources:

-For information on Coronavirus and the impact on New Brunswickers visit www.gnb.ca/coronavirus to stay informed.

-[PHAC website](https://www.phac.gc.ca) for the most up to date information.