

We are stronger together.



Our health care system is in need of our help, and we all have a part to play. Doing what we can to help limit the spread of the flu, colds and COVID-19 will help ensure that our health care resources are available to those who need them most.

01

Are you symptomatic?

Fever? Cough? Sore throat? Runny nose? Or other symptoms of the flu, cold or COVID-19? **Stay home and remain at home until you have been feeling better for at least 24 hours and wear a mask if you're around others, especially children.**



02

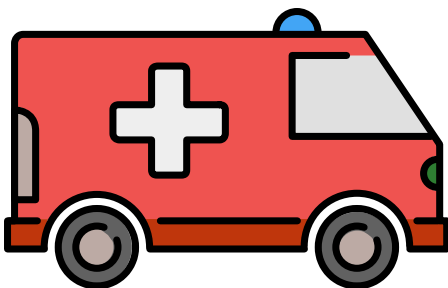
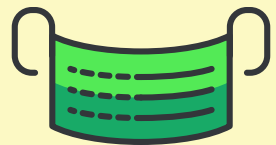
Protect friends and family

Stay current with your COVID-19 vaccinations. You can get a COVID-19 booster 6 months after your last shot or as early as 3 months after a COVID-19 infection. Lastly, but importantly, get the flu shot.

03

Protect the most vulnerable

Avoid non-essential visits with vulnerable people if you're sick. Wear a mask in indoor settings. Wash your hands often and clean high-touch areas frequently. **These measures will help protect our children, seniors and those with underlying health conditions.**



04

Protect our health care services

Save the Emergency Department for emergencies. First try your primary care provider, a walk-in clinic or virtual care for non-emergency medical assistance.

#makeHPEstrong

Hastings Prince Edward
Ontario Health Team



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Public Health