

HARVEY COMMUNITY DAYS

COVID-19 COMMUNITY RESPONSE INFORMATION

In times of uncertainty, it's more important than ever for our community to remain connected. Harvey is known far and wide for its network of volunteers, support systems and programming that make the greater community of Harvey such a wonderful place to call home.

Through the good times and the bad, the Community of Harvey is here to support you.



PHYSICAL DISTANCING



is currently the **BEST** tool we have to fight the spread of COVID-19. This means we need **YOU** to:

- **STAY HOME**: limit unnecessary trips out. Do you *want* to go out or *need* to go out?
- If you *need* to go out; **keep 6 feet** between you and others
- "If you don't live with them don't visit them"
- If you aren't feeling well, **STAY HOME**



HAND WASHING



GNB proper handwashing guidelines:

- 1) Wet hands with warm water & apply soap
- 2) Vigorously rub hands together, scrubbing all surfaces including between fingers, front and back of hands, area around finger nails.
scrub for at least 20 seconds
- 3) Rinse with warm water & dry

**If soap and water aren't available, hand sanitizer with 60% is a good substitute*

SEEKING MEDICAL HELP:

Are you experiencing symptoms? Follow the Government of New Brunswick's Self-Assessment Tool:

www.gnb.ca/coronavirus

Get Help NOW: if you are having severe **trouble breathing, bluish face/lips**, you think you have a **life-threatening emergency**, you are **short of breath even at rest**, you are having **trouble speaking** even at rest, you **cannot lie down due to breathing trouble**, you are **unable to manage chronic health conditions** due to trouble breathing -- **Call 911.**

Get Help SOON: if you have returned home travel outside of NB in the past **14 days** and have cough, fever or mild trouble breathing, you had contact with **confirmed** COVID-19 patient within 14 days of your symptoms (cough, fever or trouble breathing), or close contact with someone who is sick **and** has returned from travel outside of NB in the past 14 days -- **Call 811.**

Care at home: if you have no symptoms, but have had close contact with a confirmed COVID-19 case in the last 14 days; keep an on symptoms as they develop. If you have **no symptoms but** have travelled outside of NB within the last 14 days, **OR** live with someone who has. **Stay home. Self-monitor and self-isolate.**

Stay Connected:



Harvey Community Days



@harvey_community_days



harveycommunitydays.com