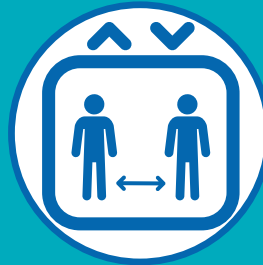


# Stay home: Stop the spread

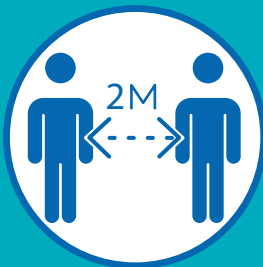
## There are things you can do to help slow the spread of COVID-19



Stay home and connect with friends and family by phone, text or social media



Limit the number of people in an elevator



When you leave your home keep 2 metres between yourself and others



Travel to the grocery store, pharmacy and bank only when essential and limit the number of times you go



Do not gather with other residents in shared spaces (e.g. hallways, lobbies, or laundry facilities)



If you are supporting someone else by picking up essential items, leave their items outside their door and do not enter their home



Do not have visitors in your home

For more information visit  
[regionofwaterloo.ca/COVID19](https://regionofwaterloo.ca/COVID19)



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