

UPDATED: September 7, 2022

PROTECT YOURSELF

COVID-19 is still with us. It continues to change. We are still learning about its long-term effects.



**Stay up to date with
COVID-19 vaccine
doses**



**Meeting friends or
family? Gather
outside if you can**



**Wear a well-fitting
mask in indoor
public spaces**



**Physically distance
from others indoors,
if you can**



**Improve ventilation
by opening windows
or using air filters**



**Wash or sanitize
your hands
regularly**



**Stay home when
you feel sick**



**Use a rapid test
before indoor
gatherings***

* Rapid tests are not perfect.
If you feel sick, take 2 tests
at least 24 hours apart.

Treatment options available

For people who test positive for COVID-19 and are at higher risk[†] of hospitalization:

[†]Find out if you are at higher risk: https://uwaterloo.ca/pharmacy/sites/ca.pharmacy/files/uploads/files/are_covid-19_treatments_right_for_you.pdf



**Nirmatrelvir/
Ritonavir
(Paxlovid™)**

**FREE
IN CANADA**



**Remdesivir
(Veklury®)**

**FREE
IN CANADA**



**Budesonide
(Pulmicort®)**

**If you get
COVID-19:**

**Talk to your pharmacist, family doctor, or nurse practitioner
as soon as possible. Treatment may be recommended for you.**

Find a place to get tested: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms/testing/diagnosing.html>