

HELP PREVENT THE SPREAD OF COVID-19

You can go for a walk

- **IF** you have not been diagnosed with COVID-19;
- **IF** you don't have a recent history of travel outside the country;
and
- **IF** you don't have symptoms that could be COVID-19
(whether you have been tested or not).



CANADIAN
PUBLIC HEALTH
ASSOCIATION

Stay calm, be informed and visit
Canada.ca for trusted information.