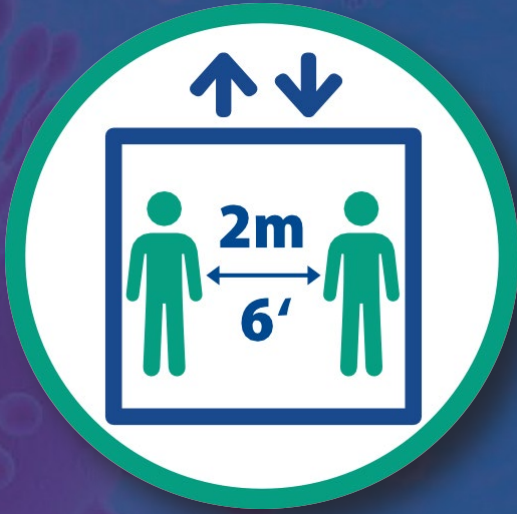




COVID-19  
INFORMATION

# ELEVATOR ETIQUETTE



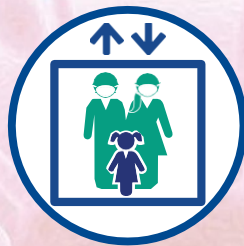
COVID-19 信息

# 电梯贴纸

When out in public, wearing a mask and practicing physical distancing can help you reduce your risk by minimizing contact with others in the community. It is now **mandatory to wear a mask in many indoor public spaces**, including common areas of multi-unit residential buildings.

外出到公共场所时，应尽可能少地与社区中的其他人接触，戴口罩并与他人保持距离将有助于降低风险。现在开始**强制在大多数室内公共场所戴口罩**，包括在多单元住宅楼的公共区域。

- Wear a mask that securely covers your nose, mouth and chin.
- Avoid overcrowding - limit to 2 people or 1 family. Take the stairs if you can or wait for the next elevator.
- Stand back while waiting for elevator door to open.
- Maintain at least a 2 metre (6 feet) distance from others in the elevator.
- Cough or sneeze into your upper sleeve, not your hand.
- Avoid touching surfaces and push buttons with an object or your elbow.
- Avoid touching your face with unwashed hands.
- Wash your hands with soap and water or use hand sanitizer after leaving the elevator.



- 戴口罩时需要安全覆盖鼻子、嘴巴和脸部。
- 避免人群拥挤 - 限制为 2 人或者 1 个家庭。可以选择使用楼梯或者等待下一部电梯。
- 等待电梯门开启时，应后退一步。
- 在电梯中与他人保持至少 2 米 (6 英尺) 的距离。
- 应使用上臂袖子遮盖咳嗽或者喷嚏，而不是使用手。
- 避免触摸表面，使用物体或者手肘按电梯按钮。
- 避免使用未清洗的手触摸脸部。
- 离开电梯后，使用肥皂和清水洗手，或者使用手部消毒液洗手。

For more info on masks and physical distancing, visit:  
**OttawaPublicHealth.ca/  
Coronavirus**

有关戴口罩和保持人与人之间保持距离的更多信息，请访问：  
**OttawaPublicHealth.ca/  
Coronavirus**