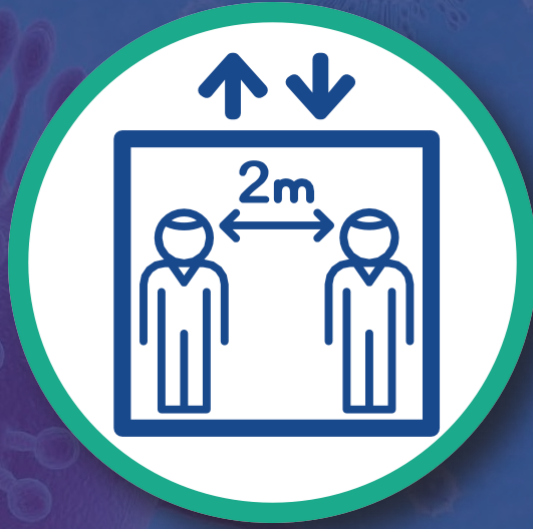


Remember!
**Practice
physical
distancing**



Xasuuso!
**Ku dhaqan ka
fogaanshaha
jir ahaanta**

COVID-19 INFORMATION

**ELEVATOR
ETIQUETTE**

When out in public, practicing physical distancing can help you reduce your risk by minimizing contact with others in the community.

- Avoid overcrowding – take the stairs or wait for the next elevator.
- Cover your cough.
- Avoid touching your face after pushing the button.
- Maintain at least a 2 metre (6 feet) distance from others in the elevator or wait for the next elevator.
- Wash with soap, or sanitize your hands after leaving the elevator.

For more info on physical distancing, visit our website:
**OttawaPublicHealth.ca/
PhysicalDistancing**

WARBIXINTA COVID-19

**HAB DHAQANKA
WIISHKA**

Markii aad banaanka u jirtid bulshada, ku dhaqmeysid ka fogaanshaha jir ahaanta waxay kugu caawin kartaa yareynta halista iyada oo la yareynayo u dhawaanshaha dadka kale ee bulshada.

- Ka fogow meelaha dadka badan – raac jaranjarooyinka ama sug wiishka xiggo.
- Dabool qufacaaga.
- Ka fogow taabashada wajigaaga kadib markii aad riixdid badhanka.
- Joogtey ugu yaraan ka fogaanshaha 2 miitir (6 fiit) dadka kale ee kugula jiro wiishka ama sug wiishka xiggo.
- Ku dhaq gacmahaaga saabuun, ama jeermisdil gacmahaaga kadib markii aad ka tagtid wiishka.

Wixii warbixin dheeraad ah oo ka fogaanshaha jir ahaanta, booqo websaydkeena:

**OttawaPublicHealth.ca/
PhysicalDistancing**