



# Northern Inter-Tribal Health Authority Inc.



## PSA - CORONA VIRUS (COVID-19)

The Northern Inter Tribal Health Authority wants you to know that symptoms of coronavirus (COVID-19) include **cough**, **fever** and **difficulty in breathing**. The virus can spread from one person to another. The best way to protect yourself is to:

- wash your hands often with soap and water for at least 20 seconds;
- avoid touching your eyes, nose or mouth, especially with unwashed hands;
- avoid close contact with people who are sick;
- cough and sneeze into your sleeve and not your hands; and
- stay home if you are sick to avoid spreading illness to others.

Like NITHA on Facebook and contact your local health centre for more information.