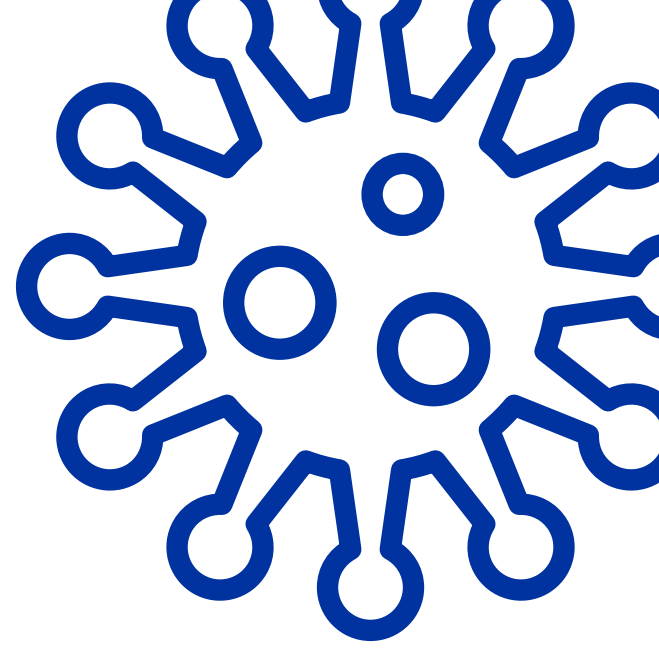


# 10 TRUTHS

## ABOUT COVID-19



- 1. COVID-19 is no joke and has the potential to cripple our health care system.** If this happens, people who need life saving care - even unrelated to COVID - may not be able to access it.
- 2. We must all do our part to reduce transmission** whether or not we are in contact with vulnerable people. Our actions have a ripple effect. No one is immune and we could all do more.
- 3. Keep your bubble small by limiting your close contacts to those you live with and those closest to you.** Ideally, limit to only the people you live with.
- 4. We protect those around us and ourselves by wearing a mask.** Masks don't lead to low oxygen, bacterial infections or other ill effects. They don't infringe on our human rights. Wearing a mask is akin to wearing a seatbelt or a bike helmet – with the added benefit of protecting others as well as yourself.
- 5. Local businesses need your support, but please support them safely.** Almost all businesses offer take-out or curbside pick-up.
- 6. We should stay home as much as possible to prevent transmission.** This means working from home if it is possible to do so.
- 7. When a contact tracer calls please be kind, tell them what they need to know, follow instructions, get tested if told to do so and isolate.**
- 8. Download the COVID alert app.** There is no conspiracy to this and it can speed up contact tracing. [www.canada.ca/covid-alert](http://www.canada.ca/covid-alert)
- 9. Get your flu shot if you haven't already.** The flu shot is accessible and safe. Contact your physician's clinic or pharmacy to get your flu shot.
- 10. When the COVID-19 vaccine becomes available, get immunized.** It will be safe. Trust the process.

*Together*  
**we can do this.**



SASKATCHEWAN  
MEDICAL ASSOCIATION

THE SASKATCHEWAN  
COLLEGE OF  
FAMILY PHYSICIANS



LE COLLÈGE DES  
MÉDECINS DE FAMILLE  
DE LA SASKATCHEWAN

A CHAPTER OF THE COLLEGE OF FAMILY PHYSICIANS OF CANADA  
UNE SECTION DU COLLÈGE DES MÉDECINS DE FAMILLE DU CANADA