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Personal Responsibility During the COVID-19 Pandemic

Each of us has a personal responsibility to fulfil during this trying time. Not only to protect ourselves and our loved ones but all those who share our community with us. Here are some easy tips to follow to help ensure we all stay safe and healthy. Each of us should implement the practice of using TIME, DISTANCE and SHIELDING to protect ourselves and each other.

1. TIME Minimize the time you are in a potentially infectious environment. The longer you expose yourself the more likely you will be infected.
2. DISTANCE There more distance you keep from a potential infectious source the less likely you are to be infected.
3. SHIELDING Placing a shield or barrier such as a mask between you and an infectious source will greatly reduce the chance of becoming infected.

These three simple common sense steps will help you and your loved ones stay safe and healthy.

Please note that the these protective measures become even more effective when used in combination.