

Manitoba
Dental
Association



Be just as vigilant outside the Op...



...as you are in the Op.

Wear a personal mask:

- ✓ when not wearing PPE as part of clinical duties
- ✓ when socializing in gatherings
- ✓ for day-to-day activities in the community

Isolate yourself:

- ✓ if you have symptoms or may have been exposed to COVID-19

Social distance (2 metres):

- ✓ in between patients
- ✓ in common areas: lunchrooms, sterilization rooms and washrooms
- ✓ in social settings (10 people max., but fewer is better)

Exercise caution and avoid:

- ✓ non-essential travel
- ✓ contact with others who have travelled
- ✓ crowded places (bars, restaurants, beaches and house parties)
- ✓ contact with others who have, or are suspected of having, COVID-19

Be W.I.S.E.

and avoid the spread of COVID-19.

