The resources below are designed to stress the importance of key practices in mitigating the contraction and spread of COVID-19. Try sharing a new one each day with staff or clients to promote a shared understanding and use of healthy practices. Many other fact sheets and posters can be found on the Canadian Network for the Health and Housing of People Experiencing Homelessness (CNH3) website under COVID-19 Resources – under Fact Sheets and Posters.

**Handwashing**

Proper handwashing can save lives. Studies show that handwashing can prevent life-threatening diseases and can significantly cut the spread respiratory infections.

**GRAPHICS & POSTERS**

- **Handwashing Guide by the Public Health Agency of Canada (PHAC)** – A simple graphic that can be posted in community spaces. Available in six languages.
- **World Health Organization’s (WHO) direction on when to wash your hands** – A simple graphic that identifies activities and circumstances when handwashing should take place.
- **Buttons and Badges by the Centre for Disease Control and Prevention** – Lists buttons and badges that can be shared on social media. Available in English and Spanish.
- **Centre for Disease Control and Prevention’s Social Media Library** – Other information sheets and quick tips on handwashing.

**VIDEOS**

- **What You Need to Know About Handwashing** – 2-minute video from the Center for Disease Control and Prevention that answers many common questions about handwashing.
- **MD Anderson Cancer Center’s video demonstration of proper handwashing** – Uses a blacklight to show the importance of the proper technique when washing hands, and particularly, the need to wash for minimum of 20 seconds.
- **Vox’s 4-minute video on how soap kills COVID-19** – Provides an overview of COVID-19, a demonstration of the power of soap under a UV light, and the difference between hand sanitizer and soap.
- **Adorable 6-year-old demonstrates advanced handwashing technique** – 2 minutes video
- **Remix of Sweet Caroline** – If you’re a Neil Diamond fan, check out this remix that stresses the importance of washing your hands.
Social Distancing

Physical Distancing, also referred to as Social Distancing, means making changes to day-to-day routines to minimize close physical contact with other people. This includes keeping at least a two-metre distance from others.

Physical Distancing protects personal health and the health of community members. Keeping a safe distance is the most effective way to reduce the spread of illness during an outbreak. As COVID-19 is spread through droplets, Physical Distancing can significantly reduce the rapid spread of COVID-19.

- **Physical Distancing Guide by the Public Health Agency of Canada** – Provides an overview of how to practice social distancing. Available in six languages.
- **Physical or Social Distancing does not mean that you can’t be social. Check out some ideas for Meaningful Activities that Respect Social Distancing.**

Disinfecting Public Spaces

It’s equally important to clean and disinfect public spaces as it is to wash your hands. Creating a cleaning procedure or checklist for a public space, such as a common area in a shelter, can ensure that everyone is doing their part to keep our shared spaces clean. This is especially important for protecting vulnerable populations.

- **Cleaning Public Spaces Guide by the Public Health Agency of Canada** – Provides guidance on cleaning and disinfecting places such as communal residences. Available in six languages.
- **Public Health Peterborough’s Guide on Preventing the Spread in Homelessness Service Settings** – A one-stop-shop for homelessness providers to gather and share information on healthy practices, including how staff should use Personal Protective Equipment (PPE).
  - Check out the one-pager on **Personal Protective Equipment (PPE).** Visit your province’s or territory’s **Public Health Authority website** for more information on healthy protocols, practices, or direction in your jurisdiction.

Disclaimer: This document is a collection of resources and/or ideas compiled by the team at CAEH. Please follow **Public Health Agency of Canada guidelines on COVID-19** as the primary resource for all health-related concerns.

CAEH will continue to update this resource as new information or ideas become available. Please refer to the CNH3 website Resources page at **cnh3.ca/resources** for additional information. If you have an idea or resource to share or are seeking further support, please contact us at **info@caeh.ca.**

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