



# PROTECT YOURSELF FROM COVID-19

## TRANSMISSION

COVID-19 is transmitted through close contact with infected people through saliva and respiratory droplets

## SYMPTOMS

The following symptoms may appear 2-14 days after exposure: fever, cough, shortness of breath

## 811

If you are experiencing these symptoms, call 811 or complete their online assessment tool found on their website

## REACH OUT

If you have any questions or concerns, please call Stepping Stone (902) 448 3733 or visit

[novascotia.ca/coronavirus](http://novascotia.ca/coronavirus)

## SEX WORKERS: HARM REDUCTION EDITION

Limit kissing, try new positions that are not face-to-face, and use toys. Consider taking your services online (web cams, phone sex, etc.)

## TRY NEW THINGS

Use condoms, dental dams, and gloves. Clean sex toys before and after use. Reschedule if you or the client is experiencing symptoms.

## SAFER SEX

Wash your hands with soap and water for 20 seconds. Wipe down doorknobs, surfaces, and cell phones. Cough/ sneeze into tissue or sleeve then wash hands

## PROPER HYGIENE

In public, try to distance yourself 6 ft from other people. Minimize social gatherings if possible. Stay home if you are sick.

## PREVENTATIVE MEASURES