

How to have courageous conversations about COVID-19

COVID-19 is still circulating in our communities. We must remain committed to flatten the curve once again and use our COVID sense. Here are some suggestions to have courageous conversations.

We're in this together!

Invited to a party with people outside your bubble? Have clear boundaries

- ✓ It's ok to say 'no' to a social gathering right now. There is no better excuse than a global pandemic.
- ✓ State your boundaries clearly. For example, you may say, "I'm managing my exposure carefully and keeping my bubble small."
- ✓ Be a role model. Hearing you state your boundaries may make it easier for others to be brave about theirs.

Know the rules, follow them, share them

- ✓ Invited to an event? Ask what COVID-19 safety measures they will have in place. Ask if they are aware of the Provincial Health Officer orders on gatherings and events.

Some handy phrases for courageous conversations about COVID

- ✓ "I'm managing my exposure carefully and my bubble has already expanded."
- ✓ "Do you have a virtual option for me to connect with you?"
- ✓ "I'm looking forward to seeing you soon but I can't right now. It's not forever, just for now."
- ✓ "No, thank you." This is a full sentence - if you're uncomfortable explaining, you don't need to.

Good COVID hygiene for any situation

Whether at home, work or visiting with those in your consistent and small social bubble, always remember your COVID hygiene:

- ✓ Wash your hands thoroughly and often.
- ✓ Use hand sanitizer after touching surfaces.
- ✓ Cover your mouth and nose when coughing or sneezing.
- ✓ Keep hands away from your face.
- ✓ Clean commonly touched surfaces often.
- ✓ Stay home when you are sick.