

# Summer is here. So is COVID-19.

The more people you hang out with,  
the higher your risk of being exposed to  
and spreading COVID-19.

**Do your part: socialize safely.**

- If sick, stay home – no exceptions
- Stay 2m apart
- Keep your groups small
- Don't share drinks or smokes
- Avoid crowded, closed, or indoor spaces
- Have a designated contact keeper at gatherings
- Don't socialize with people you don't know

**Remember: your choices make a difference –  
you can keep others in your community safe.**

## COVID-19 PANDEMIC RESPONSE

Interior Health

### Key Messages: Don't Let COVID-19 Steal Our Summer!

We can stop the spread of COVID-19 in Kelowna and the surrounding area if we socialize safely this summer. That means we can enjoy our time with friends and loved ones – and still protect those most vulnerable in our community, including our seniors, elders, and those with serious health conditions.

Please speak up and speak out - whether on social media or in-person and share the following:

#### ***Top Ten Ways to Stay Safe This Summer:***

1. **Sick? Stay home:** If you are feeling unwell, even with mild symptoms, stay home and get tested.
2. **Fewer faces in bigger spaces:** Limit your gatherings to small groups of people you know.
3. **Outdoors is better:** Enjoy the summer weather and protect your home – socialize outside and maintain physical distancing as much as possible.
4. **Smaller is better:** Gatherings with close friends should be limited to six people or fewer, especially when you're indoors.
5. **Keep your bubble small:** Avoid crowded, closed spaces as much as possible. The more people you interact with closely, the higher risk you will be exposed to COVID-19.
6. **Have a designated contact keeper:** If you host a gathering, keep a list of your guests and their contact information. This will help Public Health be in touch with contacts more quickly if there has been a COVID-19 exposure.
7. **Keep your distance:** Maintain two metres (six feet) between you and other people who aren't in your bubble.
8. **Mask up:** Wear a mask when you're in public and physical distancing isn't possible. This lets others around you know you're staying safe during this pandemic and that you're keeping them safe as well.
9. **No sharing:** Don't share food, drinks, or cigarettes with others. This summer is about "bring your own" and not potlucks.
10. **Practice good hand hygiene:** wash your hands often with soap and water for 20 seconds.



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