



We are all  
\* \* \* \* \*  
\* **T I R E D** \* \* \* \* \*  
\* \* \* \* \*  
of Covid.

But as the government  
changes the rules...

NO CAPACITY LIMITS!  
NO VACCINE REQUIREMENTS!  
NO MASKS!

We **FEELING** are all  
So many different things...

Including...  
frustration  
ANXIETY  
CONFUSION

So when we hear people insult others as being "afraid to return to normal" and that we need to remove health precautions because "we need to learn to live with Covid"...

We think they are partly right - we are afraid, but the fear isn't 'RRATIONAL.

## The Ontario Science Table

Says "Older adults, immunocompromised, unvaccinated and marginalized individuals and groups are still susceptible to severe illness from COVID-19."

-March 17, 2022

... and even a "mild" illness can cause **LONG** Covid

So what can we

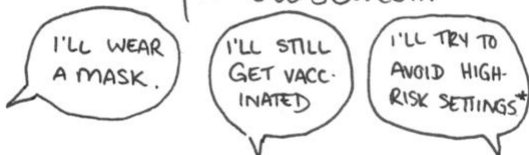
**DO**

to learn to live with Covid?\*

\* WHILE PROTECTING THE HEALTH AND WELL-BEING OF ALL PEOPLE, INCLUDING OLDER ADULTS, IMMUNOCOMPROMISED, UNVACCINATED & MARGINALIZED PEOPLE.

We know that a combination of masks, vaccination and good ventilation indoors is the best way to STOP the spread of Covid.

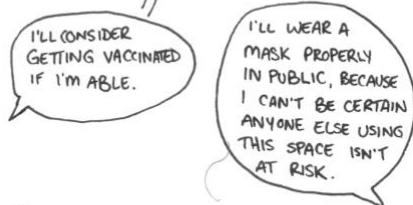
Some of these we can control for ourselves...



\* WHICH IS HARD IF YOU WORK IN ONE.

But now that the government is asking us to do our own "risk assessments", those of us at higher risk will be reliant on the **KINDNESS** of strangers.

That kindness requires little effort...



Even if you don't feel at risk yourself.

Because we're all **CONNECTED**, and it will make in-person work, leisure and the necessities safer for everyone.

