

MEAPS: Acronym for I to We COVID Care

Things to include in your discussions with others around physical distancing. Using the acronym MEAPS as a reminder.

M	MONITOR SELF	Monitor myself for symptoms and if yes, isolate contact 8-1-1
E	ENSURE INFORMED CONSENT	<p>Ensure informed consent. Ensure those I am visiting have the information they need to stay safe and ask them to share as well. Are they feeling unwell? Do they know they have been exposed?</p> <p><i>Before</i> we meet in person have a plan. How are we meeting? Are we physical distancing 2 meters? wearing masks? meeting outside? Or will we meet online/by phone, if people are ill or have potentially been exposed?</p> <p>*We all have different risk tolerances. However, can you live with the decisions you are making if someone should become ill because of your choices? Be kind.</p>
A	AWARE OF MY BUBBLE	Aware of my bubble. Who is in it? Who may be vulnerable? Who do I choose to include? Limit my close bubble as per provincial guidelines.
P	PRUDENT	Be prudent. Follow recommendations of provincial government healthy authority and use them as your source of accurate info.
S	SAFETY FOR ALL	Safety for all for long term health. We are all in this together! Be kind and stay safe!