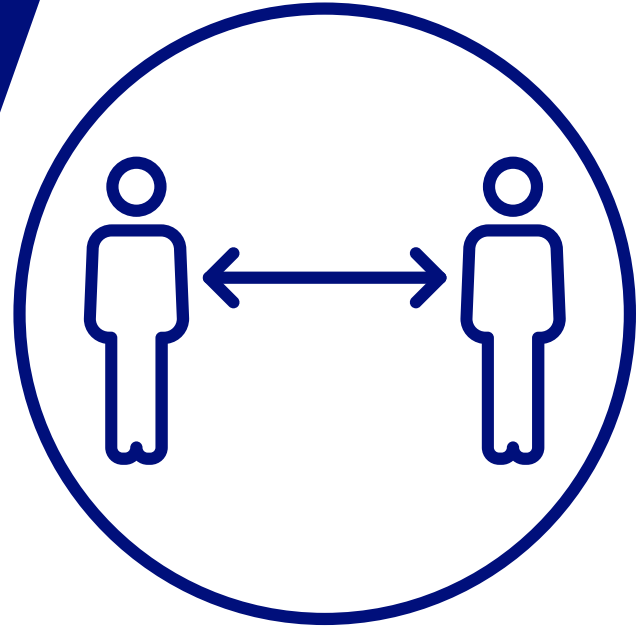


**Physical distancing**  
means keeping a  
minimum of 2 metres/  
6 feet between you  
and others.



**Teck**

# Stopping the Spread. It Starts with Me.

You help stop the spread of COVID-19 at work, at home and in our community when you practice physical distancing.

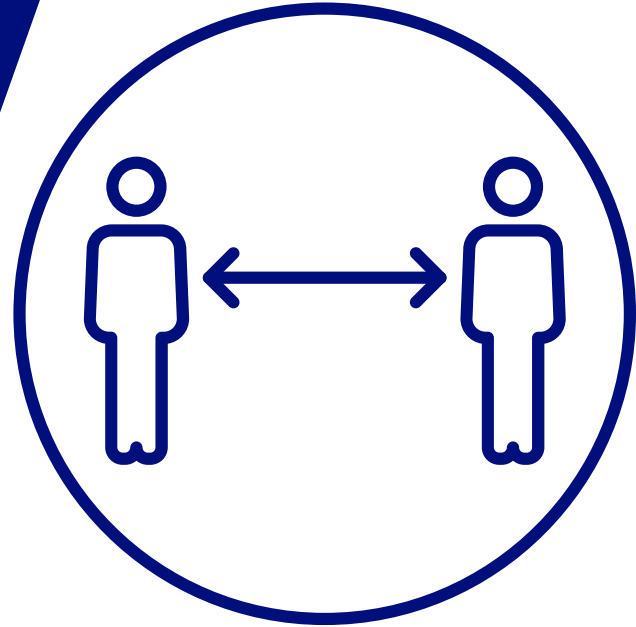
“I’m practicing physical distancing to ensure the health of my father who is undergoing radiation treatments for cancer and my mother who’s now on her own at home. Stopping the spread. It starts with me.

Danica MacGregor  
Engineering Clerk, Fording River Operations;  
daughter, friend and co-worker



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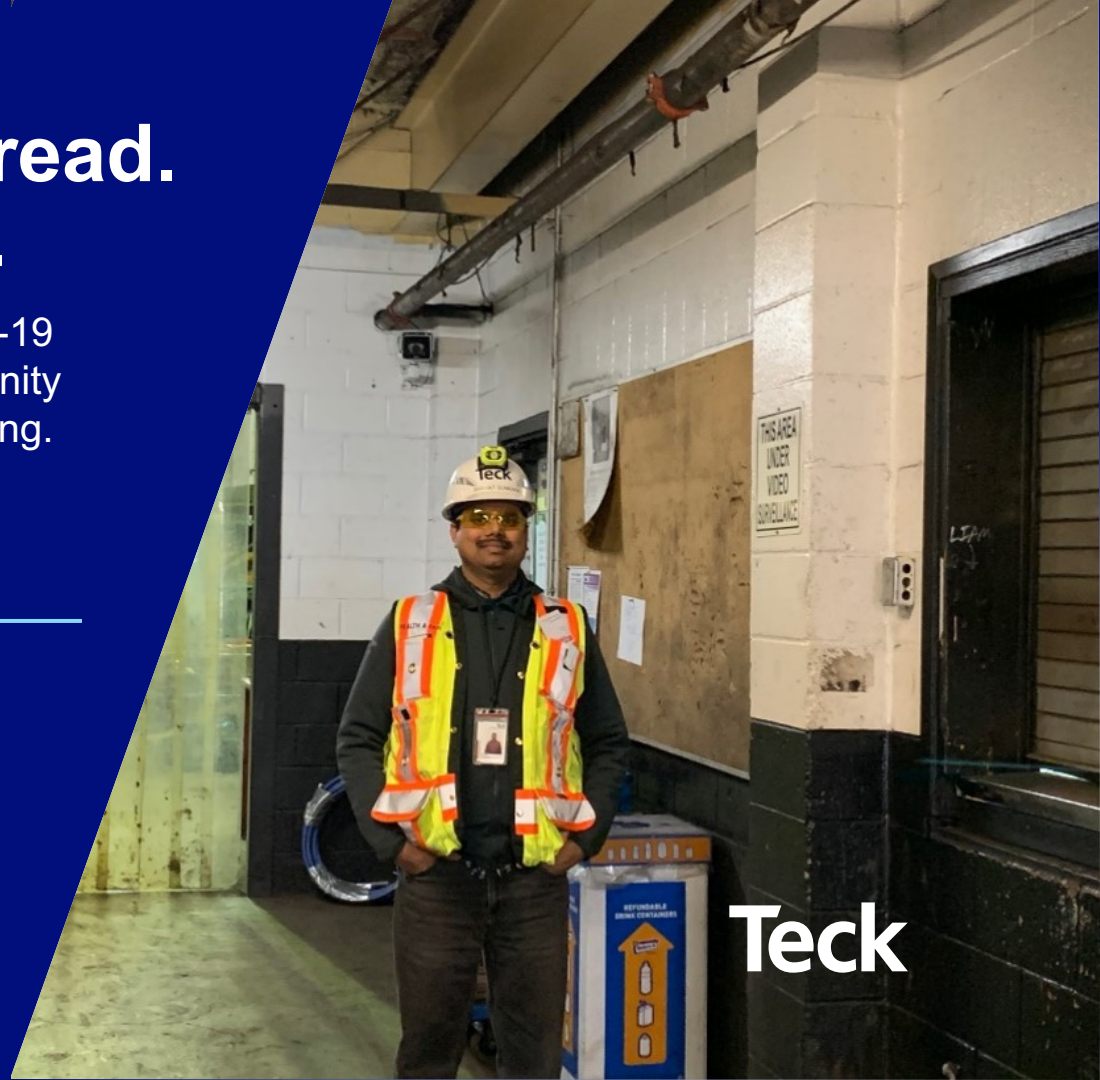
You help stop the spread of COVID-19 at work, at home and in our community when you practice physical distancing.

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“I practicing physical distancing to keep myself, my family, my coworkers and the community healthy. Stopping the spread. It starts with me.

Bharat Sunkara  
Occupational Hygienist, Line Creek Operations;  
son, co-worker and friend

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**Wash your hands  
with soap and water  
for at least 20 seconds.**



**Teck**

# Speak Up to Stop the Spread.

Everyone has the responsibility to speak up to help stop the spread of COVID-19, at work, at home and in our community.

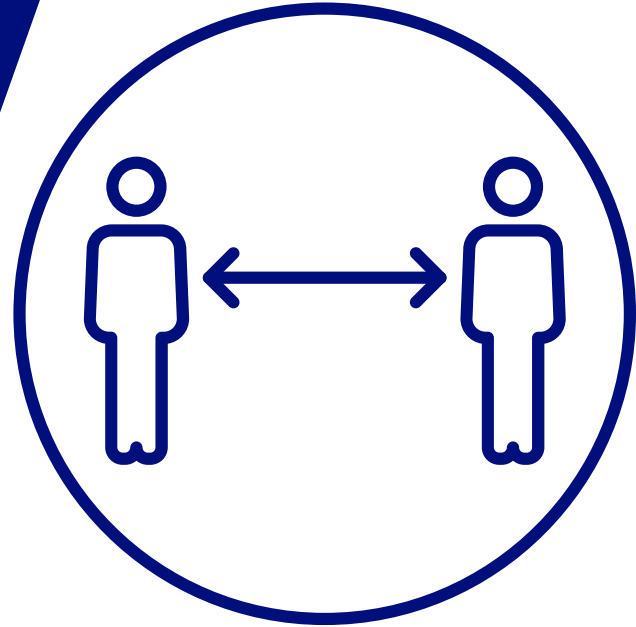
“  
I’m speaking up about the importance of frequent and thorough handwashing so my daughter Cora can show her grandparents how she eats cheese sometime soon!

Cam Heaton  
Senior Engineer Supervisor Mining,  
Castle Project; father and son



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**Teck**

# Speak Up to Stop the Spread.

Everyone has the responsibility to speak up to help stop the spread of COVID-19, at work, at home and in our community.

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“I’m speaking up about physical distancing and staying home as much as possible because I want to keep my loved ones safe and healthy.”

David Danchuk  
Planner Maintenance, Cardinal River  
Operations; friend, son and co-worker

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*Sophie and Pax*

A man with short brown hair and a goatee, wearing a green zip-up jacket over a dark t-shirt, is speaking. He is positioned in front of a window with white blinds. To his left, a framed picture hangs on the wall. The Teck logo is visible in the bottom right corner of the image.

**Teck**

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**Teck**



# Stopping the Spread. It Starts with Me.

You help stop the spread of COVID-19 at work, at home and in our community when you practice physical distancing.

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“  
I’m practicing frequent and thorough handwashing to help keep my grandmother safe and healthy. Stopping the spread. It starts with me.

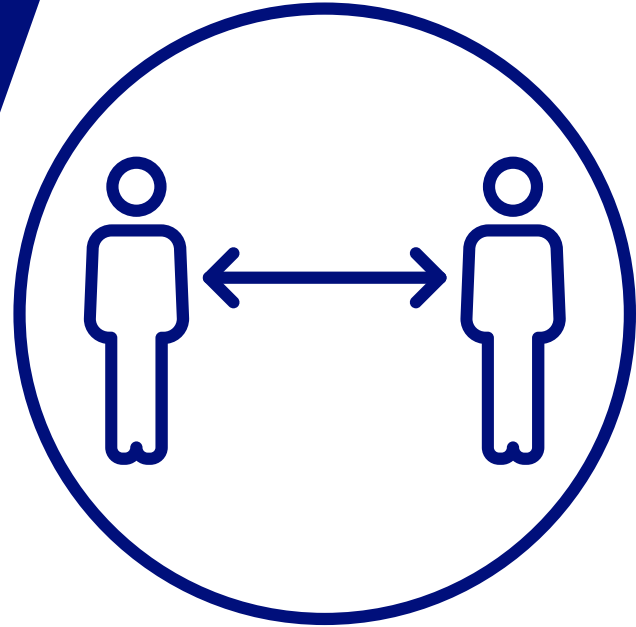
David Bennison  
Technician Desktop Support, Elkview Operations;  
grandson, son, friend and co-worker

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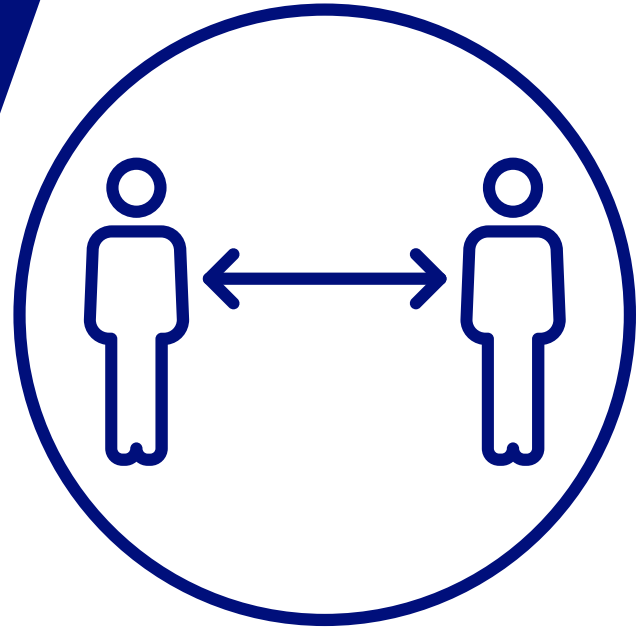
**Teck**

# Stopping the Spread. It Starts with Me.

You help stop the spread of COVID-19 at work, at home and in our community when you practice physical distancing.

**“I’m practicing physical distancing because it’s what is was right for ourselves and our community. It’s also what will keep my 100-year-old mother safe and healthy. Stopping the spread. It starts with me.”**

Bob Gardiner  
Specialist Maintenance Implementation,  
Sparwood Office; son, friend and co-worker



**Teck**

**Teck**