

REDUCE YOUR RISK OF CATCHING COVID-19



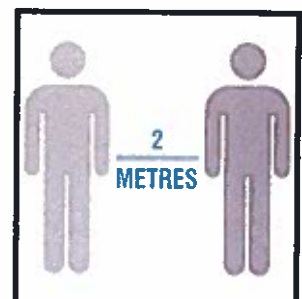
Wash your hands often with soap and water for at least 20 seconds.



Use a tissue when coughing or sneezing, and dispose at once.



If without a tissue use the back of your arm, and not your hand.



Social distancing: maintain a 2-metre distance from others.



Avoid shaking hands, and greet without touch.



Avoid touching eyes, nose, or mouth.



Avoid contact with those who are unwell.



Stay home (self-isolate) if you are sick.

GENERAL PREVENTION

Wash your hands frequently e.g.:

- After you sneeze, cough, blow your nose, or use the washroom
- Before and after you touch your face, change diapers, touch a cut or open sore, prepare or eat food, or handle garbage



As different interpretations may exist and information changes, please consult Health Canada's website, www.canada.ca/public-health, for the latest information and health advice

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