

STOP

CORONAVIRUS (COVID-19)

REDUCE YOUR RISK of Coronavirus Infection



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



Use alcohol based hand sanitizer if soap and water are not available



Avoid touching your eyes, nose, or mouth with unwashed hands



Stay home if you are sick



Cover your mouth and nose with your arm or tissue when coughing or sneezing to reduce the spread of germs



Dispose of any tissues you have used into the garbage immediately



Avoid visiting people in hospitals or long-term care centres if you're sick

Source: Government of Canada, March 3, 2020



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