

CORONAVIRUS (COVID-19)

REDUCE YOUR RISK OF CORONAVIRUS INFECTION



Keep your distance from others to slow the spread of the virus.



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.



If you are a healthy individual, the use of a mask is not recommended for preventing the spread of COVID-19.

Source : Government of Canada, March 17, 2020



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