

**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

**Guardian**

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