#### **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



#### **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



#### **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

#### **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



