

# COVID-19

## TAKE STEPS TO PROTECT YOURSELF!



### WASH YOUR HANDS

Wash your hands often, and always after coughing, sneezing or blowing your nose.

### USE SOAP & WATER

Wash with soap and water for at least 20 seconds, or, if soap and water are not available, use an alcohol-based hand sanitizer.

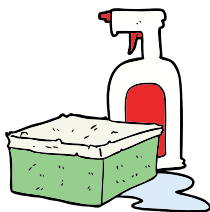


### DON'T TOUCH YOUR FACE

Avoid touching your eyes, nose and mouth with unwashed hands.

### AVOID CLOSE CONTACT

Avoid close contact with people who are sick.



### CLEAN & DISINFECT

Clean and disinfect objects and surfaces that are frequently touched.

### STAY HOME

If you have even mild symptoms, stay home and call the public health authority in the province or territory you are in to inform them. They will provide advice on what you should do.

