

Stop the Spread of Germs

Clean your Hands

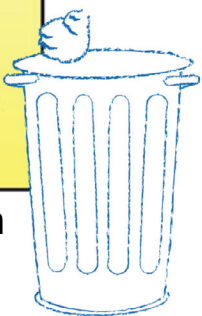
- Before handling or eating food
- After using the washroom
- After wiping your nose with a tissue
- After coughing into a tissue
- Whenever hands are dirty



Clean hands with warm water and soap or alcohol-based hand rub for 20 seconds



Cover your nose or mouth with a tissue and throw it away (DO NOT REUSE!)



OR

Cover your Cough



Cover your nose or mouth and cough into your sleeve

Stay Home When Sick

- Stay home if you have any new or worsening symptoms
- Stay home until symptoms have been improving for 24 hours (or 48 if you have nausea, vomiting or diarrhea) and no fever present
- Wear a mask for a total of 10 days after the start of symptoms (or the date the test was taken, whichever is earlier) when out in public spaces