

Protect Yourself and others from COVID-19



Stop the spread

Stop the spread of viruses that make you and others sick!



Cover your mouth and nose with a tissue when you cough or sneeze.



Throw tissues away immediately.



No tissue? Cough or sneeze into your upper sleeve, not your hands.



Wash your hands often with soap and water or an alcohol-based hand sanitizer.



Stay home if you are sick.

Stay at home if you are sick



Get plenty of rest and check with a health care provider as needed.

Call before visiting your doctor.

Wash your hands often



Wash your hands often with soap and water for at least 20 seconds.

Clean between fingers, under nails and under jewelry.

Dry hands with a single use towel or hand dryer.

When soap and water is not available, supervised use of alcohol-based disposable hand wipes or gel sanitizers may be considered.

Avoid close contact



Keep your distance from others to protect yourself and others from getting sick.

Stay 2 metres or 6 feet away from others.

Cover your cough or sneeze



Cover your cough or sneeze with your sleeve or tissue.

Dispose of tissue and wash your hands immediately after.

Avoid touching your face



You may become ill by touching a surface contaminated with germs and then touching your face, including eyes, nose or mouth

Clean and disinfect high touch surfaces



Clean and disinfect
frequently touched
objects and surfaces.

Practice other good health habits



Get plenty of sleep, be physically active, manage stress, drink plenty of fluids, eat nutritious foods, and avoid smoking.

Thank You



VSB