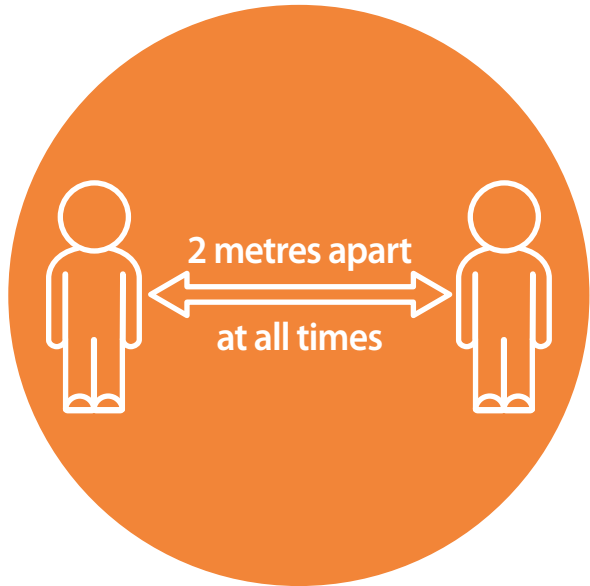


Help Stop COVID-19

Practice these healthy habits to help prevent infection



Keep Your Distance

Stay 2 metres apart from others and do not gather in groups.



Clean Your Hands

Wash hands frequently with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer containing at least 70% alcohol.



Cover Your Cough

Cover your mouth and nose when you cough, sneeze or blow your nose. Put used tissues in the garbage immediately and clean your hands. If you do not have a tissue, cough or sneeze into your sleeve.



Avoid Touching Your Face

Do not touch your eyes, nose or mouth, especially with unwashed hands.