

STAY INFORMED. HELP PREVENT THE SPREAD OF COVID-19

Protect others from getting sick



Source: World Health Organization



Avoid crowded places and close contact with anyone when you have a cough or fever.



Seek medical care if you or your child has a fever, cough or difficulty breathing.



Cover your mouth and nose with a flexed elbow or tissue when coughing or sneezing.



Share your previous travel history with your healthcare provider.



Throw used tissues away immediately after use and into a closed bin.



Practice social distancing, don't shake hands and avoid hugging people.



Wash your hands with soap and water or alcohol-based hand rub.



Clean surfaces more frequently (especially in public spaces).



Avoid touching your face (mouth, nose, eyes).



Avoid sitting in public areas.



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COVID-19

CORONAVIRUS