

# STOP THE SPREAD OF GERMS



Help prevent the spread of respiratory diseases like COVID-19.

Wash your hands often and after touching any surfaces with warm water and soap for at least 20 seconds.



Practice Social Distancing at work and in your community setting.



Do not touch your face, eyes, nose



and mouth with unwashed hands.

Cover your cough or sneeze in your elbow or preferably with a tissue, then dispose of the tissue in the trash



Clean and disinfect frequently touched objects and surfaces and when you suspect it may have become contaminated.



Stay home when you are sick



View the decision matrix for guidance

Use a paper towel or tissue when touching anything that is a frequently touched area, e.g. door handles, gas pumps, bannisters, etc.



Wash your hands with soap and water after at least every 3 applications of hand sanitizer.

