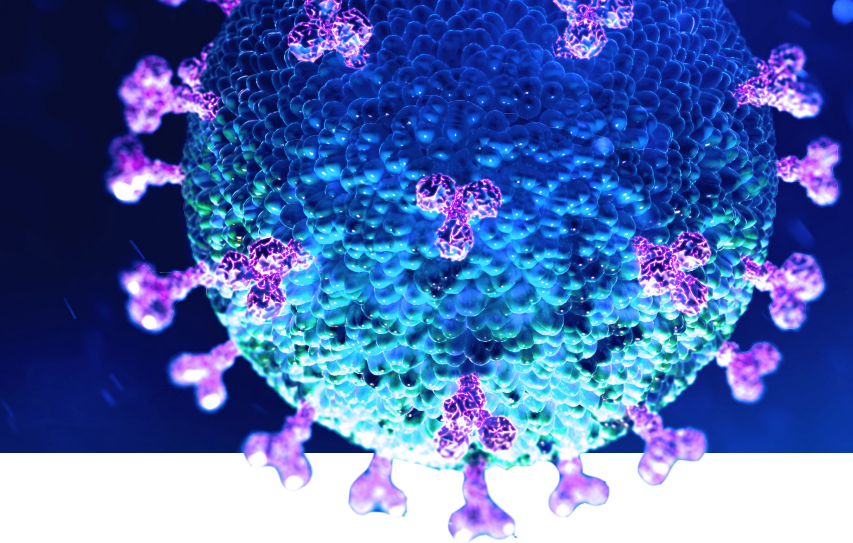
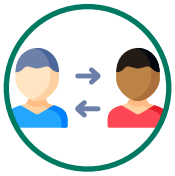


How to prevent COVID-19 *(Coronavirus)*

COVID-19, also known as the coronavirus, has been spreading around the world. Symptoms are coughing, fever, and difficulty breathing. Below are some steps you can take to protect yourself and those around you.

Wash your hands for at least 20 seconds.

Avoid touching your eyes, nose, or mouth, especially with an unwashed hand.



Avoid close contact with people who are sick.

Cover your nose and mouth with an arm or tissue when sneezing or coughing.

Immediately throw tissues in a covered trash can and wash your hands right away.

Avoid large social gatherings.

Avoid shaking hands or other close contact greetings.

Wash and disinfect frequently used items, such as toys, electronics, and doorknobs.

If you are sick, stay home to avoid spreading illness to others.

For more information visit these websites:

Health Canada / Santé Canada
canada.ca

World Health Organization
WHO.int

CDC
Centers for Disease Control and Prevention
CDC.gov

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