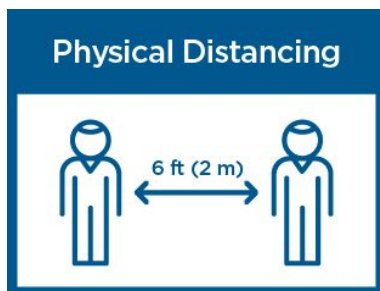


# COVID-19: Reduce Virus Spread

## Tips to Prevent the Spread

The best way to prevent infection is to avoid being exposed:

- Limit non-essential trips out of your home.
- Keep two metres/six feet distance from others.
- Wear a mask or face covering if you can't keep physical distance.
- Clean your hands often. Use soap and water or an alcohol-based (70-90%) hand sanitizer.
- Avoid touching your face with unwashed hands.
- Cover your cough or sneeze with your elbow or a tissue. Immediately throw the tissue in the garbage and wash your hands.
- Clean and disinfect frequently touched objects and surfaces.
- Avoid close contact with people who are sick.
- Stay home if you are feeling unwell.



Stay 2 metres (6 feet) apart.



Wash your hands with soap and water.



If you can't distance, wear a mask