

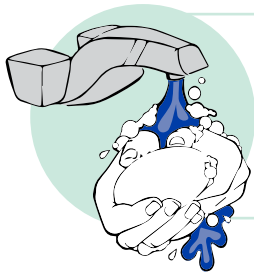


COVID-19 NOVEL CORONAVIRUS

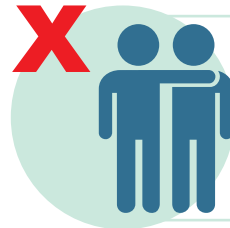
Help stop the spread of COVID-19

COVID-19 is a virus that can make people sick. Symptoms range from mild (e.g., fever, cough, runny nose and sore throat) to severe (e.g., shortness of breath and breathing difficulties).

Protect yourself and others

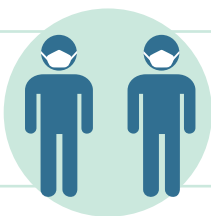
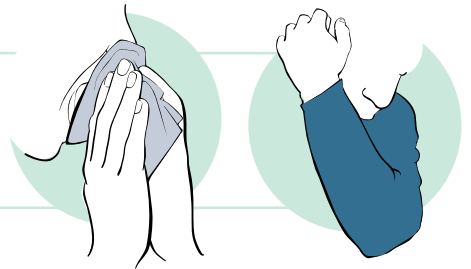


Wash your hands often with soap and water for at least 15 seconds.



Avoid greetings like handshakes and hugs.

Cover your cough or sneeze. Cough into your sleeve or elbow, not into your hand.

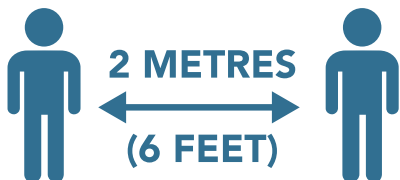


Wear a mask if you are indoors in a public space, or when physical distancing is difficult.

Stay home if sick, even if it's mild. Get tested and isolate from others in your household.



Don't touch your eyes, nose, and mouth.



Stay at least 2 metres (6 feet) away from people.



Don't share items.