Prevent the Spread of Infections

- Cough or sneeze into your elbow or a tissue. Throw away used tissues immediately.
- Don’t touch your eyes, nose or mouth.
- Wash your hands frequently with soap and water for at least 20 seconds, especially after being in public, blowing your nose, coughing or sneezing.
- Clean and disinfect frequently touched surfaces, especially when someone is sick.
- Avoid close contact, such as shaking hands. Find a way to greet that doesn’t involve touching.
- Keep at least 2 metres from others, whenever possible.
- Stay home if you are sick.