

# Prevent the Spread

hygiene habits to protect against viruses

*Cover up*



**Cover your mouth and nose** with a tissue when you cough or sneeze.

*Toss the tissue*



**Throw away used tissues immediately.**

*20 second scrub*

**Wash your hands,** especially after using tissues.



*Sneeze into your sleeve*

**Cough or sneeze into your elbow,** not your hands.

*Hands off*

**Don't touch your eyes, nose or mouth.** Germs on your hands can transfer into your body.



*Keep your distance*

**When you are ill or not feeling well, avoid close contact with others.** Stay at least 2 metres away to prevent infecting people around you.

# Prévenez la propagation

Habitudes d'hygiène qui nous protègent des virus



*Gardez vos distances*

**Lorsque vous êtes malades ou ne vous sentez pas bien, ne vous approchez pas des autres. Demeurez à au moins 2 mètres d'eux afin de ne pas les contaminer.**