TAKE STEPS TO PROTECT YOURSELF!

WASH YOUR HANDS
Wash your hands often, and always after coughing, sneezing or blowing your nose.

USE SOAP & WATER
Wash with soap and water for at least 20 seconds, or, if soap and water are not available, use an alcohol-based hand sanitizer.

DON'T TOUCH YOUR FACE
Avoid touching your eyes, nose and mouth with unwashed hands.

AVOID CLOSE CONTACT
Avoid close contact with people who are sick.

CLEAN & DISINFECT
Clean and disinfect objects and surfaces that are frequently touched.

STAY HOME
If you have even mild symptoms, stay home and call the public health authority in the province or territory you are in to inform them. They will provide advice on what you should do.