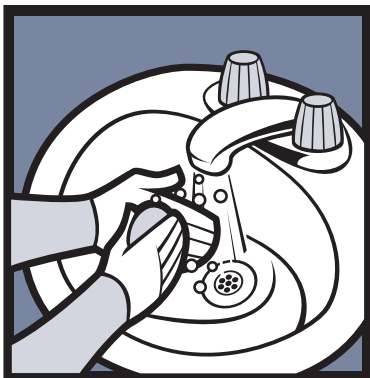




Protect Yourself

...and others
from COVID-19

Stop the spread of viruses that make you
and others sick!



Clean your hands often with soap and warm water for 20 seconds or use alcohol-based hand cleanser.



Stay home if you are sick.



Throw tissues away immediately.



No tissue? Cough or sneeze into your upper sleeve, not your hands.



Avoid touching your face.



Ministry of
Health



For more information on COVID-19, visit:
<http://www.bccdc.ca>