

# COVID-19 | STOP the spread

## HOW TO PROTECT YOURSELF AND OTHERS

- **WASH** your hands often with soap and water (for at least 20 seconds)
- **AVOID** touching your face
- **STOP** greeting people by shaking hands, hugging or kissing
- **LIMIT** your contact with groups and close contact with people, especially those who are sick (at least 2 meters)
- **CANCEL** all non-essential and international travel
- **CLEAN** high-touch objects and surfaces often

## SYMPTOMS TO LOOK FOR



FEVER



COUGH



SORE  
THROAT



SHORTNESS  
OF BREATH

## IF YOU ARE SICK

- **STAY** home (even if symptoms are mild)
- **COVER** coughs and sneezes with your elbow
- **DO NOT** visit without **CALLING** first

**Stay home, stop the spread**

To learn more, visit [canada.ca/coronavirus](https://canada.ca/coronavirus)

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