

Protect yourself and others

COVID-19 typically spreads from one person to another in places with many people present via direct physical contact (shaking hands, hugging, kissing, etc.) and via droplets when an infected person coughs or sneezes. Take care of your health and protect others by doing the following



**Wash your hands frequently
or sanitize your hands with
an alcohol-based hand rub**



**Cough or sneeze into your
sleeve, not your hands**



**Limit physical contact
– avoid handshakes, refuse
kisses on the cheek and
avoid hugging**



Be diligent with cleaning



**Keep your distance and ask
others to be considerate**