CORONAVIRUS (COVID-19) Safety Advice & Tips

Prevention



Wash hands with water, soap/sanitizer at least 20 seconds



Avoid contact with sick people



Don't touch eyes, nose or mouth with unwashed hands



Do not share eating utensils or food



If you show symptoms, seek medical care immediately

Symptoms



Fever



Cough



Shortness of breath



Sore throat



Headache

If you are not feeling well



Stay at home



Put tissues in the trash and wash hands



Avoid contact with others



Keep objects and surfaces clean



Cover your nose & mouth with tissue or elbow when sneezing