

Protect yourself and others!

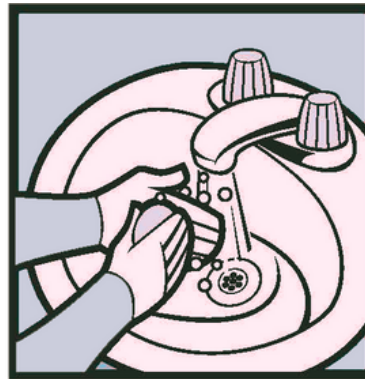
Help stop the spread of harmful viruses.



Cover your mouth and nose with a tissue when you cough or sneeze.



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



Wash your hands often with soap and warm water, or use a hand sanitizer.



Stay home if you are sick.

Hand washing is important to stop the spread of germs and avoid getting sick. Stay healthy. Wash your hands often and for at least 20 seconds.



Continuing Care
Safety Association

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Adapted from Saskatchewan Health Authority "Protect Yourself and Others Stop the Spread of Viruses"