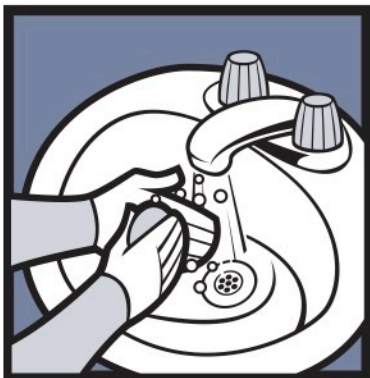




Protect Yourself

...and others from COVID-19

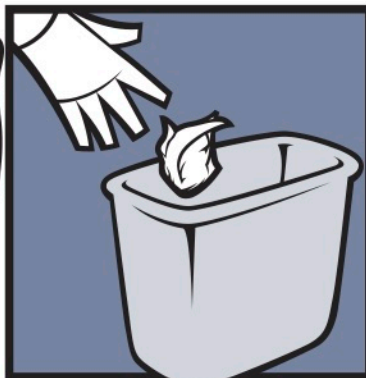
Stop the spread of viruses that make you and others sick!



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>