



TAKLA NATION

HEALTH ▪ PROSPERITY ▪ TRADITION

REDUCING THE RISK OF THE CORONAVIRUS (COVID-19)

What can you do to help?

Wash your hands



Washing your hands with soap and water is the best method of killing germs on your hands - even more so than hand sanitizer. Remember to wash for at least 20 seconds. An easy way to remember this is to sing Happy Birthday to yourself twice.

Cover your mouth



When you cough or sneeze, remember to cover your mouth. Be sure to use a tissue, or the sleeve of your shirt, as opposed to your hands. Covering your mouth will spread the virus more, especially if you come into contact with other people or surfaces.

Cleanliness is key



Ensuring all surfaces in your everyday life are clean and disinfected can make the difference fighting against germs. Regularly wipe surfaces with anti-bacterial wipes, such as Lysol wipes will reduce the risk of getting sick.

Stay at home



If you get sick, staying home is important to reduce the risk of spreading illnesses. This includes not going to work or school, as well as other public areas such as grocery stores, places of worship, etc.

TO LEARN MORE, CALL THE CORONAVIRUS
INFORMATION LINE: 1-833-784-4397, OR TALK
TO A REGISTERED NURSE AT 8-1-1.

#CSFS30Years

