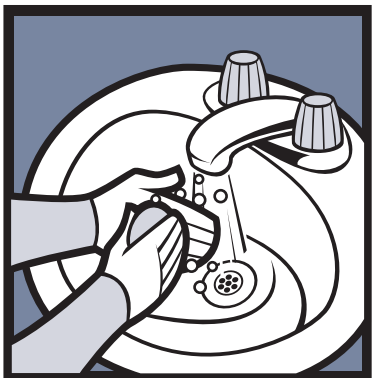




Protect Yourself ...and others from COVID-19

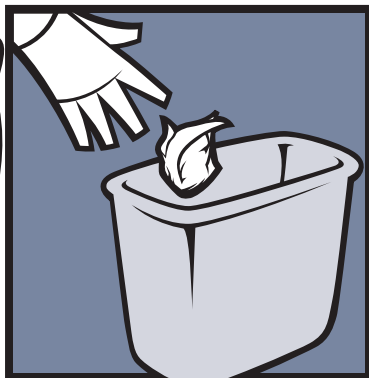
Stop the spread of viruses that make you and others sick!



Clean your hands often with soap and warm water for 20 seconds or use alcohol-based hand cleanser.



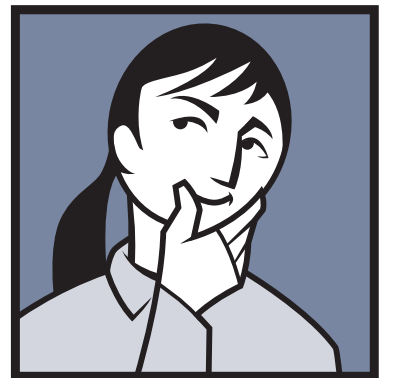
Stay home if you are sick.



Throw tissues away immediately.



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



Avoid touching your face.



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For more information on COVID-19, visit:
<http://www.bccdc.ca>

