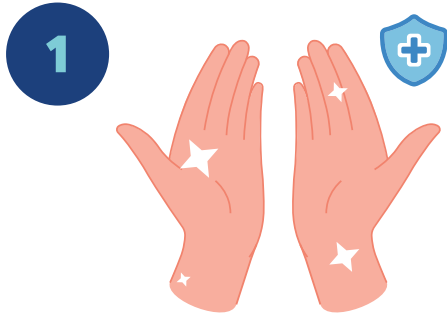


STOP THE SPREAD OF GERMS

Use layers of protection



Keep your hands clean



Cover your cough or sneeze
& keep distance from others



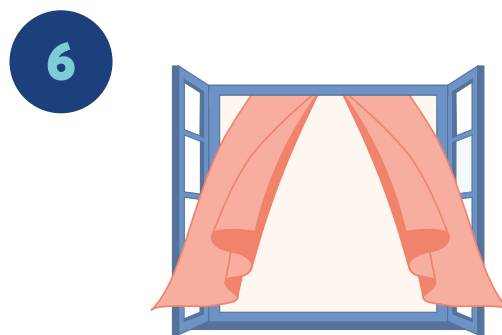
Stay home when you are sick



Consider wearing a mask



Clean and disinfect surfaces



Choose well ventilated spaces

STOP THE SPREAD OF GERMS

Use layers of protection

Keep Your Hands Clean

- Hands can carry and spread germs.
- Coughing and sneezing into your hands can spread germs.
- Germs can get into your body if you touch your eyes, nose, or mouth with dirty hands.
- Clean your hands with soap and water or an alcohol-based hand sanitizer (minimum 70-90%).
- Clean hands help stop the spread of germs.

Cover Your Cough or Sneeze and Keep Your Distance from Others

- Cover your mouth and nose with a tissue when you cough, sneeze, or blow your nose.
- If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
- Clean your hands with soap and water or an alcohol-based hand sanitizer (minimum 70-90%).
- Throw used tissues in the garbage.
- Keep your distance (more than 2 metres / 6 feet) from people if you have to cough/sneeze.

Stay Home When You are Sick

- Stay home when you are sick to help stop the spread of germs.
- Return to work or school when you feel better and no longer have a fever.

Consider Wearing a Mask

- Wear a mask if you are sick or around someone who is sick.
- Wear a mask where it is required like hospitals, long-term care homes, workplaces or businesses with their own mask rules.
- Consider wearing a mask in busy indoor places with poor airflow.

Choose well-ventilated spaces

- Germs spread more easily when people are indoors in crowded spaces.
- Improve airflow indoors by using fans and opening windows, and spend time in well-ventilated spaces when possible.

Clean and Disinfect High Touch Surfaces

- Clean things you touch a lot, like door handles, phones, remote controls, and light switches to help stop the spread of germs.

Where can I get more information?

Call Toronto Health Connection: 416-338-7600; TTY: 416-392-0658;
or visit our website www.toronto.ca/health