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

- Avoid touching your face.
- No tissue? Cough or sneeze into your upper sleeve, not your hands.
- 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.

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