

STOP

the spread of germs

Follow these steps for germ free living.

1



Wash your hands often with soap and water or an alcohol based hand sanitizer

2



Cough and sneeze into your elbow or upper sleeve, not your hands

3



Stay home if you are sick

4



Avoid touching your eyes, nose and mouth with your hands

5



Frequently disinfect high touched surfaces often

For more information contact:

Hastings Prince Edward Public Health

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