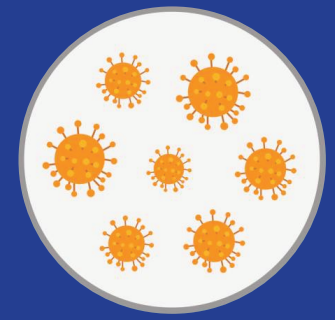


Coronavirus

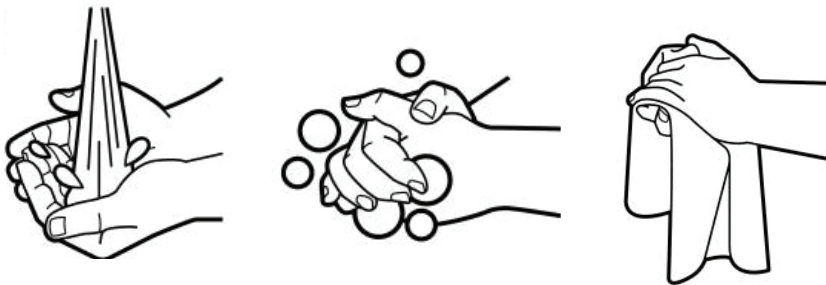
Staying Healthy



1

Wash your hands with soap and clean water.

If soap and clean water are not available use hand sanitizer.



2

Try to avoid touching your face at all times.

Especially your nose, eyes, and mouth.



3

Stay home if you display any respiratory problems.

Consult a health care provider if you have a fever, persistent cough or are experiencing any respiratory problems.

4

Maintain social distancing.

Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.

When traveling remember to wash your hands with soap and clean water, avoid touching your face, maintain social distancing, and stay home if you display and respiratory problems.