

COVER COUGHS AND SNEEZES

1 Cough or sneeze into your sleeve, not your hands. Avoid touching your face with your hands



2 Cover your mouth and nose with a tissue and put your used tissue in the garbage



3 Wash your hands with soap and water for at least 15 seconds



OR Clean hands with alcohol-based hand sanitizer



Stay COVID-smart!
Do your part to stop
the spread!


York Region