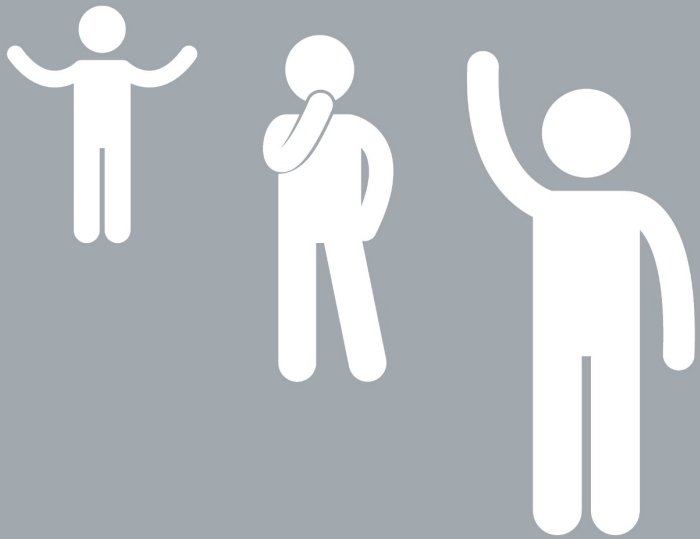




Wash Your hands.

Wash hands regularly with soap and water. It's the single most effective way to reduce infection spread!



Avoid crowds.

Practice social distancing to prevent the risk of transmission. Keep 2 metres away from others.



Stay in the know.

Stay up to date about COVID-19 and your organizations policies.



Avoid touching your face.

Avoid touching your eyes, nose and mouth. Germs spread that way.



If you're sick, stay home.

If you are experiencing flu-like conditions like fever or coughing stay home.

Cover your sneeze & cough.



Cover your nose and mouth with a tissue or sleeve and turn your head away from others when coughing or sneezing.

Clean surfaces frequently.



Clean personal and commonly shared hard surfaces such as tabletops, doorknobs, phones and keyboards to reduce the risk of spreading viruses.



Dispose of tissues.

Use tissues to dispose secretions and dispose of them promptly in a waste container.



Avoid non-essential travel.

If you must travel, please follow all government issued travel advisories and any organization related travel protocols.



Avoid touching your face.

Avoid touching your eyes, nose and mouth. Germs spread that way.