

PREVENTION IS KEY

Prevent the spread of Coronavirus (COVID-19)



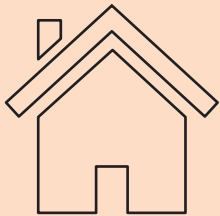
WASH YOUR HANDS OFTEN

with soap and water for at least 30 seconds or use an alcohol-based hand sanitizer.



AVOID TOUCHING

your eyes, nose and mouth with unwashed hands. Avoid close contact with people when you are sick.



STAY HOME IF YOU ARE SICK



COVER YOUR MOUTH AND NOSE

with a tissue or your sleeve (not your hands) when coughing or sneezing.

HOW TO HAND WASH



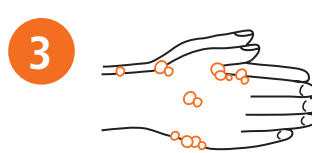
1

Wet hands with warm water.



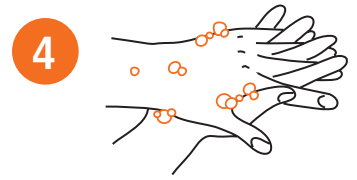
2

Apply soap.



3

Lather soap and rub hands palm to palm.



4

Rub between and around fingers.

LATHER HANDS FOR A TOTAL OF 30 SECONDS.



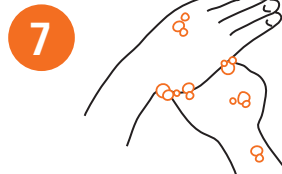
5

Rub back of each hand with palm of other hand.



6

Rub fingertips of each hand in opposite palm.



7

Rub each thumb clasped in opposite hand.



8

Rinse thoroughly under running water.



9

Pat hands dry with paper towel.



10

Turn off water using paper towel.

For accurate, up-to-date information and updates on COVID-19, please visit:

Vancouver Coastal Health: www.vch.ca

BC Centre for Disease Control: www.bccdc.ca