

# PREVENTION IS KEY

Prevent the spread of Coronavirus (COVID-19)



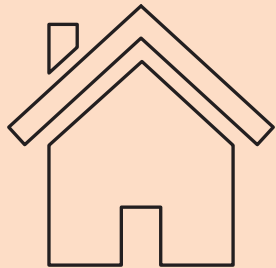
## WASH YOUR HANDS OFTEN

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.

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

Vancouver Coastal Health: [www.vch.ca](http://www.vch.ca)

BC Centre for Disease Control: [www.bccdc.ca](http://www.bccdc.ca)

