
HELP STOP RESPIRATORY VIRUSES

FROM SPREADING BY FOLLOWING THESE 6 SIMPLE STEPS:



Frequently clean hands with soap and water or use alcohol-based hand rub.



When coughing and sneezing cover mouth and nose with flexed elbow or tissue - throw tissue away immediately and wash hands



Avoid close contact with anyone who has a fever or cough.



If you have fever, cough and difficulty breathing, seek medical care early and share previous travel history – with your health care provider.



Avoid direct unprotected contact with live animals and surfaces contacted by animals.



The consumption of raw or undercooked animal products should be avoided. Raw meat, milk or animal organs should be handled with care, to avoid cross-contamination with uncooked foods, as per good food safety practices.

**PLEASE SPREAD THIS MESSAGE TO HELP STOP THE SPREAD OF RESPIRATORY VIRUSES
THIS IS A PUBLIC SERVICE MESSAGE**

FOR OFFICIAL DETAILED GUIDELINES VISIT
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