Safety Measures
Help prevent the spread of **COVID-19**

---

1 ## Wash Your Hands

Wash your hands frequently with soap and warm water for at least 20 seconds.

2 ## Wear Your Mask

Keep wearing a mask whenever you are in public. Avoid touching your face, mouth, eyes or nose. Cover your coughs and sneezes.

3 ## Avoid Close Contact

Maintain a safe distance of 2 m from other people at all times. Meet outdoors or in a space with good ventilation. Avoid crowded places.

4 ## Sanitize Your Hands

Use an alcohol-based cleaner to regularly clean your hands. Clean and disinfect frequently touched surfaces.

5 ## Stay Home

Do not travel unless necessary. Stay home when you or someone in your household are sick.

6 ## Monitor Your Health

If you experience COVID-19 symptoms (cough, runny nose, fever, shortness of breath) promptly inform your health provider.

STAY SAFE!