PROTECT YOURSELF AND OTHERS

NEW

STILL IMPORTANT:

Wash your hands thoroughly.

Avoid shaking hands.

Cough and sneeze into a tissue or the crook of your arm.

Stay at home if you have a high temperature or a cough.

Always call ahead before going to the doctor’s or the emergency department.

Keep your distance.

For example:

• Protect the elderly by keeping a safe distance.
• Keep your distance from others in a queue.
• Keep your distance at meetings.

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