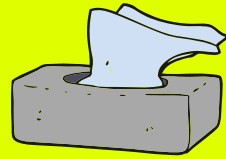


STOP THE SPREAD OF COVID-19



Cough or sneeze into a tissue or your sleeve, not your hands. Avoid touching your face with your hands.



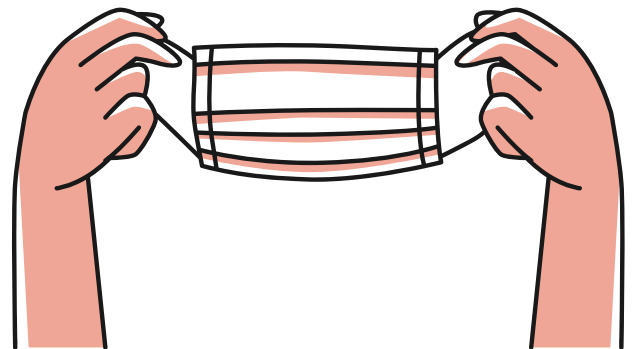
safe haven



Cover your mouth and nose with a tissue and put your used tissues in to the garbage.



Practice frequent hand hygiene. Regularly wash your hands with soap and water for 20 seconds or clean your hands with alcohol based sanitizer.

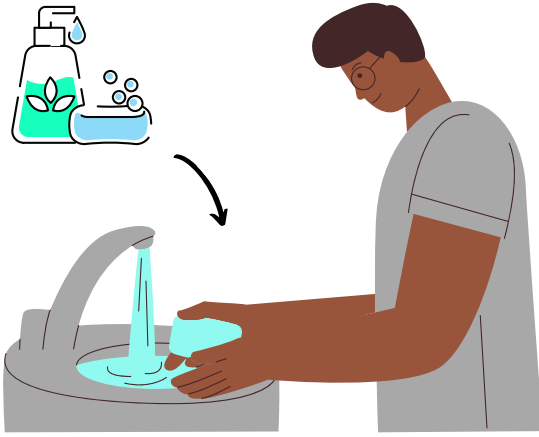


If your mask gets dirty or damp, replace it. Make sure you don't re-use single-use masks.

Continue practicing physical distancing

RECOMMENDATIONS AS PER YORK REGION PUBLIC HEALTH

A GUIDE TO MASK USE

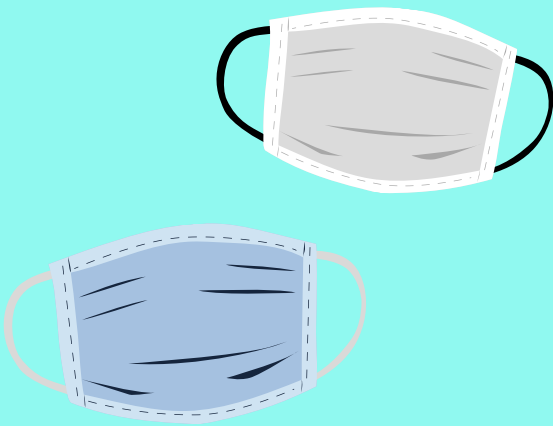


Before donning your mask, clean your hands with soap and water or an alcohol-based sanitizer.

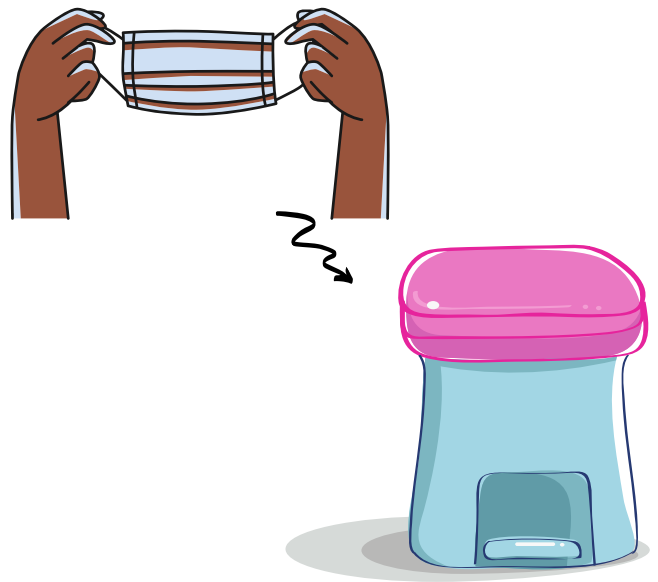
safe
haven



Cover your mouth, nose and chin with mask and make sure there are no gaps between your face and the mask. Avoid touching your face or your mask.



Replace your mask with a new mask as soon as it is soiled, damp or damaged and do not re-use single-use masks.



Doffing mask: remove the mask from behind, do not touch the front. Discard of the mask immediately in a closed bin and clean your hands with soap and water or alcohol-based hand sanitizer

Continue practicing physical distancing

RECCOMENDATIONS AS PER WORLD HEALTH ORGANIZATION