

# COVID-19 Prevention Tips

Hands carry and spread germs and viruses, which can get into your body when touching your eyes, nose or mouth. Keeping your hands clean is one of the most important steps to avoid getting sick and spreading germs and viruses.

Here are some good habits to keep you, your family and fellow workers healthy.

## Wash your hands

- Using soap and water, wash your hands and scrub for a minimum of 20 seconds.
- Rinse your hands for 10 seconds in running water.
- Dry with a clean paper towel, turning off water taps using the paper towel.

### After:

- Sneezing, coughing, blowing your nose
- Using the washroom
- Handling garbage
- Working outdoors

### Before and After:

- Preparing and eating food
- Touching a cut or open sore
- Touching eyes, nose or mouth



## Prevent the spread of viruses

- Cough and sneeze into your arm/elbow.
- Do not touch your eyes, nose or mouth after shaking hands.
- Do not touch your eyes, nose or mouth after touching hard surfaces like counters and door handles.

## Sanitize

- If you can't wash your hands, use an alcohol-based sanitizer. Use one with 60% alcohol or greater and no added fragrances/chemicals.
- Antibacterial soap does not work better than plain soap in preventing infections. Antibacterial soap can cause antibiotic resistance (superbugs).