

HOW TO PROTECT YOURSELF FROM COVID-19 ?

#StayHome



- 01.** Stay home.
Go out only for essential needs or to take a walk, while remaining far from other people.
- 02.** Don't invite friends or family to your home.
- 03.** Wash your hands frequently.
- 04.** Cough and sneeze using a tissue or inside your elbow. Throw the tissue in the trash, lid closed.
- 05.** Clean & disinfect objects and surfaces (counter tops, doorknobs, phones...)
- 06.** Leave your shoes outside.
- 07.** If you have symptoms, such as cough, fever and difficulty breathing, or if you have questions regarding your health, problems with housing, job loss or any other difficulty linked to COVID-19, please call **1 877 644-4545**.

Social distancing and washing your hands are two of the most important actions that you can take to prevent the spread of the virus and to protect yourself and others

Each one of us must contribute by respecting these essential instructions.