**How to protect yourself from COVID-19:**

* Wash your hands – when you come home, when you touch something outside, before you eat, after you go to the washroom, after you use a tissue to sneeze/blow your nose/cough
* Stay home
* Use hand sanitizer when you can’t wash your hands
* Stay 6 feet/2 metres apart – social distancing
* Don’t touch your face
* Don’t touch too many things when you are out
* Wear gloves
* Take vitamins, get lots of sleep, eat healthy foods
* Take medicine to get better

**How to protect others from COVID-19:**

* Wear a mask
* Stay home in quarantine when you are sick
* Stay 6 feet/2 metres apart – use social distancing
* Cough/sneeze into your arm
* Use a tissue to cough/sneeze then throw it away and wash your hands
* Wear gloves
* Don’t touch too many things when you are out