

**WASH YOUR HANDS** often with soap and water for at least 20 seconds

**APPLY** hand sanitizer when hand washing is not available and follow up with hand washing as soon as possible

**COVER YOUR COUGH OR SNEEZE** with your arm or a tissue - not your hand - and throw the tissue in the trash

**DON'T TOUCH** your eyes, nose or mouth with unwashed hands

**CLEAN AND DISINFECT** common surfaces, like phones, doorknobs, television remotes and computer keyboards

**AVOID CLOSE CONTACT** with people who are sick, and stay home yourself if you are sick

## Help prevent the spread of virus and flu

**VISIT** [alberta.ca/COVID19](http://alberta.ca/COVID19) and [albertahealthservices.ca](http://albertahealthservices.ca) for more information

