

Prevent the spread of COVID-19



Public Health
Santé publique
SUDBURY & DISTRICTS

- 1 **Wash your hands often.**
- 2 **Cover your cough or sneeze.**
- 3 **Avoid touching your eyes, nose, and mouth.**
- 4 **Stay two metres apart** from others not in your social circle.
- 5 **Wear a face covering** when keeping a distance from others is difficult.
- 6 **Monitor** for symptoms.
- 7 **Avoid contact** with people who are sick.
- 8 **Get tested** if you have symptoms or if you are concerned.
- 9 **Stay home if you are sick.**



For more information visit phsd.ca/COVID-19