



BE HEALTHY, STAY WELL & AVOID CORONAVIRUS

If you develop flu-like symptoms (**fever, cough, sore throat**), please consult your healthcare professional immediately & remain at home until your symptoms improve.

Help protect yourself from any cold or flu:



Wash your hands with soap & water for 20 seconds & use hand sanitizers.



Avoid touching your face, especially eyes, mouth & nose with your hands.



Cough or sneeze into your sleeve & use disposable tissues.



Clean & disinfect frequently touched surfaces in your home, car & at work.



Don't share items such as dishes, cups, eating utensils, towels, or bedding.



Fever? Go home! You may be contagious 24 hours after your symptoms subside.

