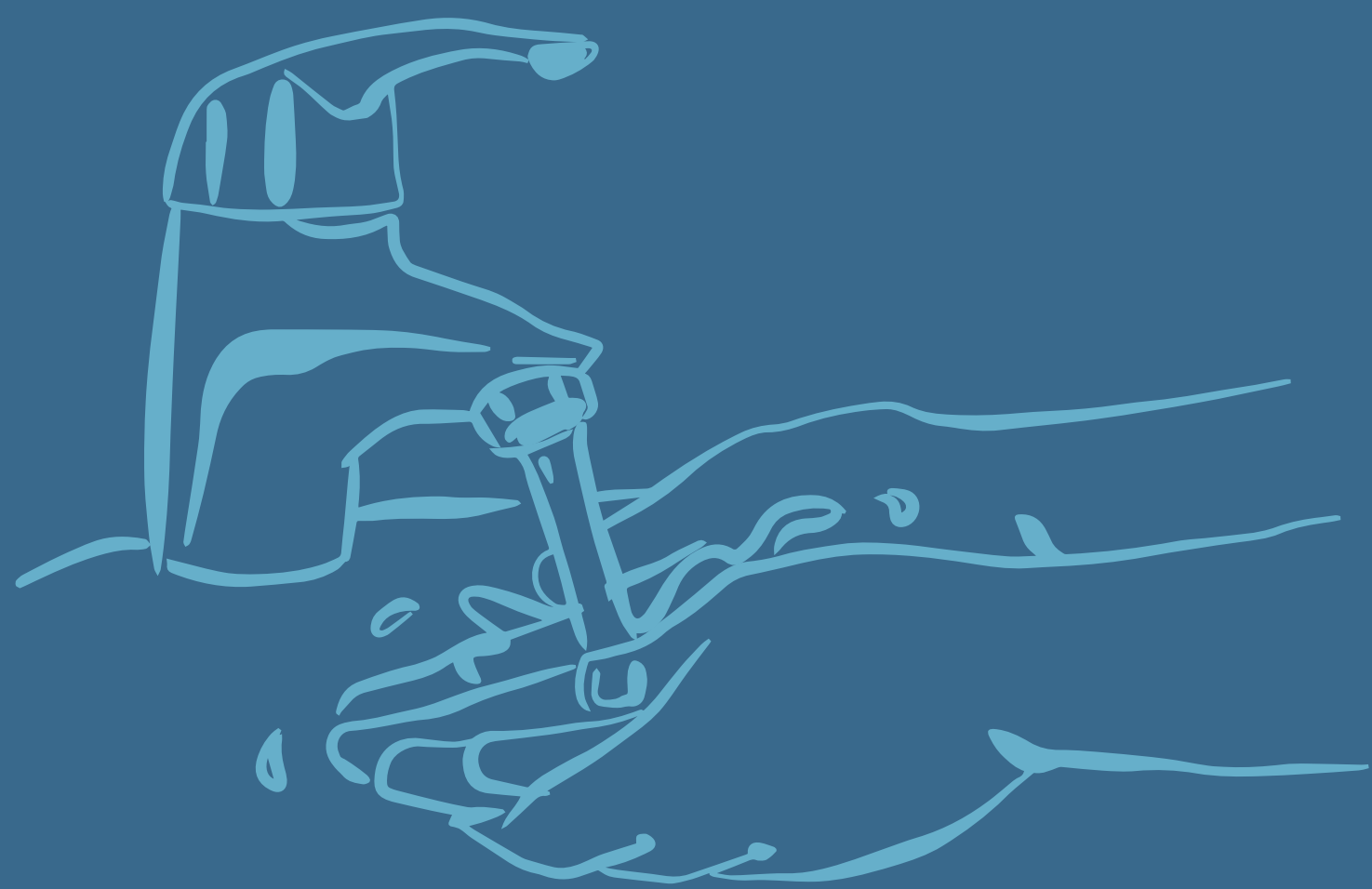


PREVENT THE SPREAD



HAND WASHING

Hand washing is the single most effective way to stop transmitting infections.



CLEAN WORKSPACE

Clean & disinfect frequently touched surfaces on a regular basis.



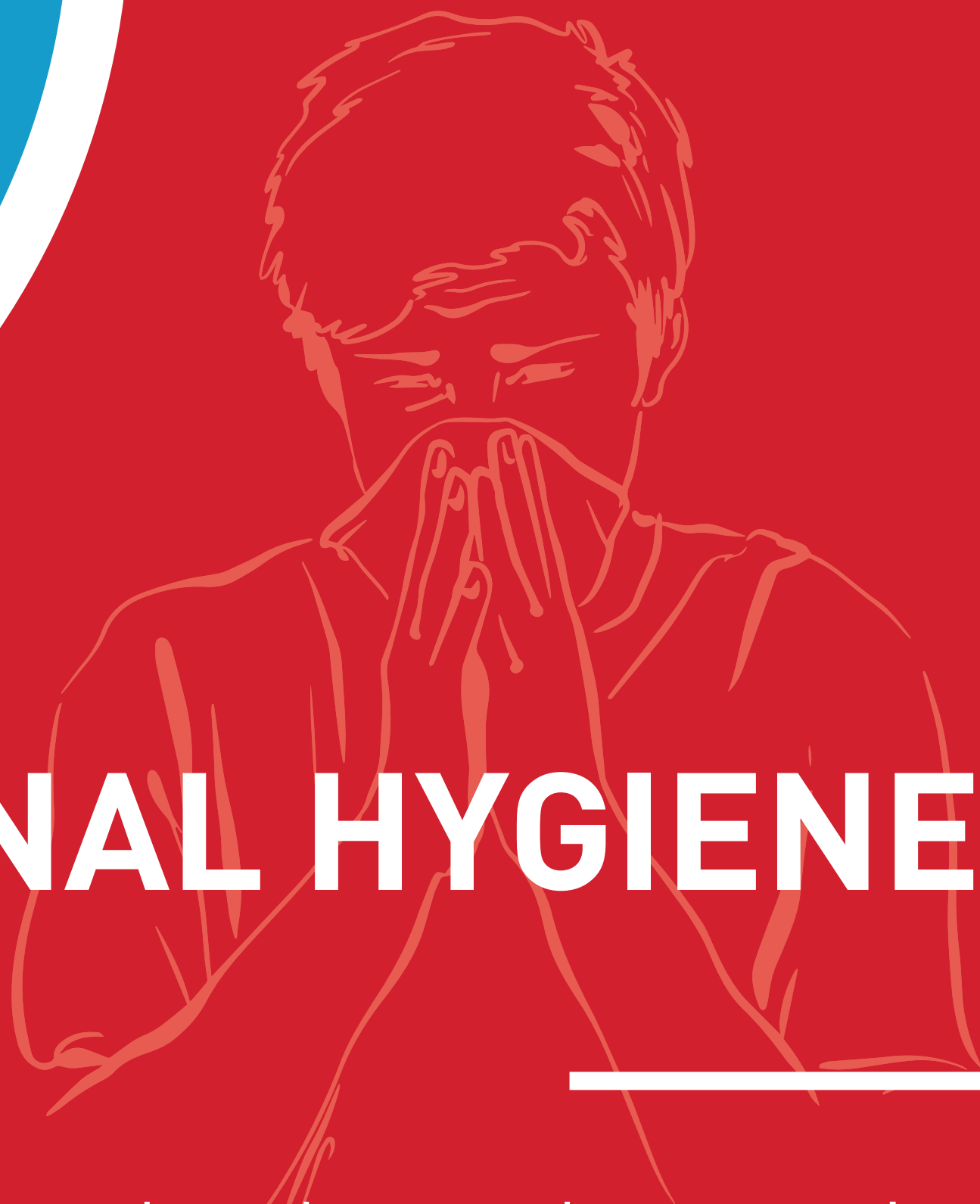
PROTECT OTHERS

Avoid close contact when you are experiencing a cough or fever.



FITNESS

Eat a balanced diet, get lots of rest and exercise in moderation.



PERSONAL HYGIENE

Cover your mouth and nose when sneezing or coughing. Use a tissue or the crease of your elbow instead of your hands.



For more information go to:
<http://bomacanada.ca/resources/pandemicguide/>

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