

# Prevention of **COVID - 19** AND OTHER RESPIRATORY ILLNESSES

**PROTECT YOURSELF  
AND LOVED ONES**



## **WASH**

Wash your hands with soap and warm water regularly.



## **COVER**

Cover a cough or sneeze with your sleeve, or tissue. Dispose of tissue and wash your hands afterward.



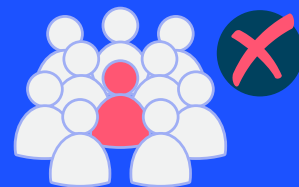
## **DON'T TOUCH**

Avoid touching eyes, nose or mouth, especially with unwashed hands.



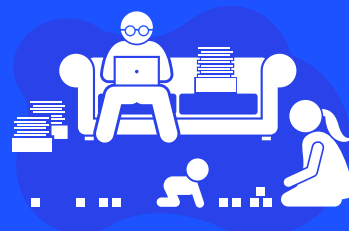
## **KEEP YOUR DISTANCE**

Avoid close contact with people who are sick.



## **STAY HOME**

If you experience respiratory symptoms like a cough or fever, stay home.



## **GET HELP**

If you experience symptoms of COVID-19 (cough, fever, shortness of breath), call Telehealth Ontario at 1-866-979-0000 or your local health unit.



**STAY INFORMED! VISIT TRUSTWORTHY SITES LIKE:**

[WWW.NWHU.ON.CA](http://WWW.NWHU.ON.CA)

[WWW.PUBLICHEALTHONTARIO.CA](http://WWW.PUBLICHEALTHONTARIO.CA)

[WWW.ONTARIO.CA/PAGE/2019-NOVEL-CORONAVIRUS](http://WWW.ONTARIO.CA/PAGE/2019-NOVEL-CORONAVIRUS)

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