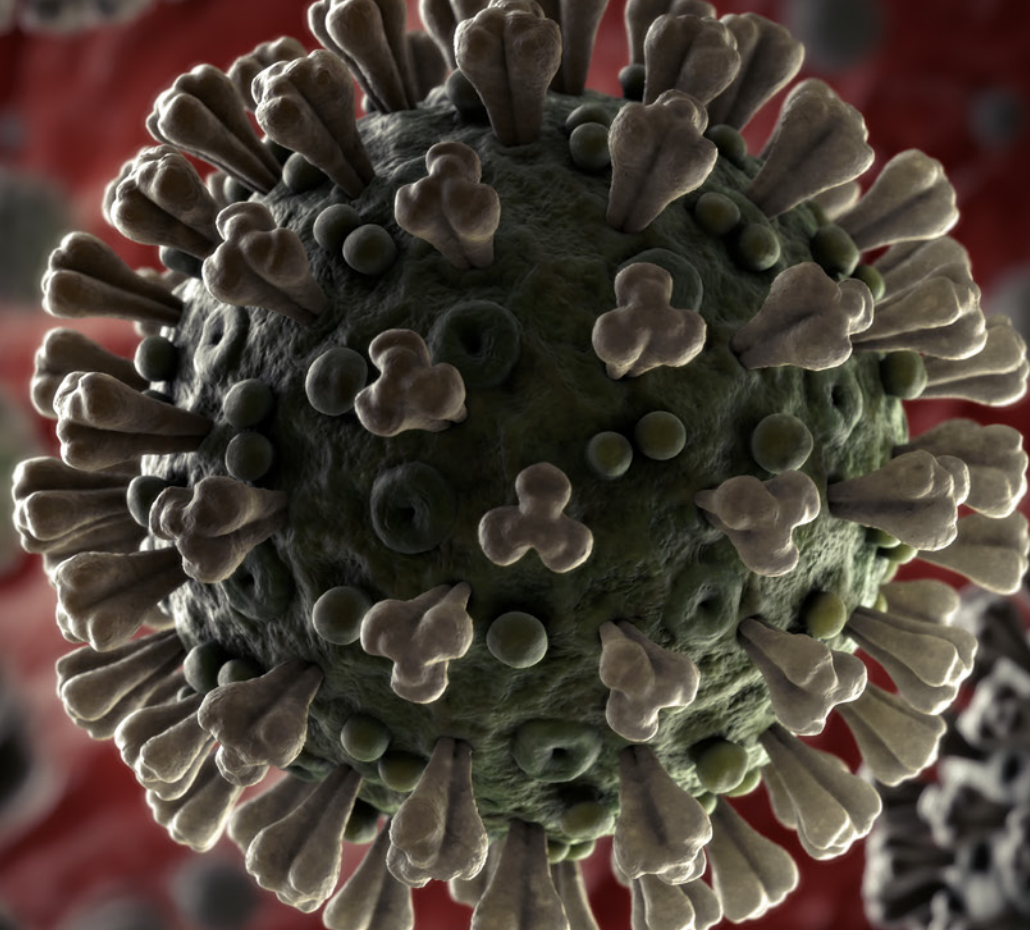


COVID-19 Prevention



gov.nl.ca/covid-19

The best way to prevent the spread of infections is to:



←← **Wash your hands** often with soap and water for at least 20 seconds.



←← **Avoid touching your face,** especially with unwashed hands.



←← **When coughing or sneezing,** cover your mouth and nose with your arm or tissues to reduce the spread of germs.



←← **Clean and disinfect** frequently touched objects and surfaces, such as toys, electronic devices and doorknobs.



←← **Stay home** if you are sick to avoid spreading illness to others.