

STOP THE SPREAD

STAY HEALTHY

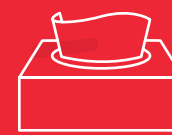
These tips will help you prevent
the spread of COVID-19.



Maintain at least **2 meters**
(**6.5 feet**) between you
and others, to help prevent
the spread of COVID-19.



Wash hands often with
soap and water for at least
20 seconds. If water's not
available, use hand sanitizer.



Cover your mouth and nose
with your **elbow** or a **tissue**
when you cough or sneeze,
and **dispose of the tissue**.



Avoid touching your face.
If you must, whether it's to scratch
an itch or rub your eyes, make sure
to wash your hands beforehand.



Even if you're young, healthy,
and feeling fine – stay home.
It's the best defence against
the spread of Covid-19.

Thank you—
and remember,
we're in this
together.



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Find up-to-date information here:
uwinnipeg.ca/covid-19