Help stop the spread of germs!

Cover your cough

Cover your nose or mouth with a tissue and throw it away (do not reuse!)

Cover your nose or mouth and cough into your sleeve or upper arm

Clean your hands

Wash with warm water and soap. Lather and scrub for at least 15 seconds.

Clean with alcohol-based hand sanitizer and rub hands together for at least 15 seconds.

For information contact:
519-575-4400  Deaf and hard of hearing (TTY) 519-575-4608
www.regionofwaterloo.ca/ph