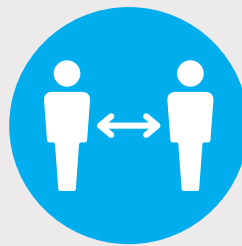


# STOP THE SPREAD of COVID-19

Use these 6 actions together to keep everyone safe.



Stay home if sick.  
Get tested if you have  
symptoms or think you  
were exposed.



Practice physical  
distancing.  
Keep 2 metres apart.



Wash your hands or  
use hand sanitizer.



Cover coughs and  
sneezes with a  
tissue or elbow.



Clean and disinfect  
frequently touched  
surfaces.



Wear a mask  
when needed.