



STOP THE SPREAD OF COVID-19

Use these 6 actions together to keep everyone safe.



Stay home if you are sick.



Practice physical distancing.
Keep 2 metres apart.



Wash your hands with soap and water or use hand sanitizer.



Cover coughs and sneezes with a tissue or elbow.



Keep your hands away from your face.



Wear a mask if you can.

If you start to feel sick, like a cough, sore throat, fever or chills, tell a parent, teacher or another adult right away.

