

# LAYERS OF PROTECTION

to reduce the risk of illness



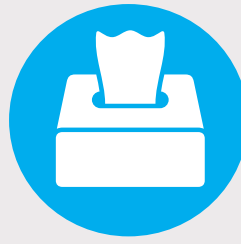
Monitor for symptoms.  
Stay home if sick.



Get vaccinated.  
Stay up to date on  
vaccines.



Wash your hands  
often, or use hand  
sanitizer.



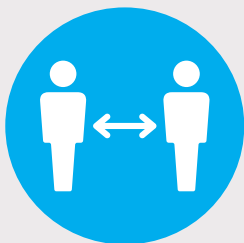
Cover coughs and  
sneezes with a  
tissue or elbow.



Clean and disinfect  
frequently touched  
surfaces.



Keep indoor spaces  
well ventilated  
(i.e. open windows).



Practice physical  
distancing.  
Keep 2 metres apart.



Wear a well-fitted  
mask indoors.