STOP the Spread

Simple Steps to Germ Free Living

Wash your hands often using soap and water or an alcohol-based hand sanitizer.

Cough and sneeze into a tissue. If you don't have one, use your elbow or upper sleeve.

Stay home if you feel sick.

Avoid touching your eyes, nose or mouth with your hands.

Disinfect frequently touched surfaces often.

Huron Perth Public Health

www.hpph.ca