



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

Before & After

- Preparing and serving meals
- Eating and drinking
- Feeding an infant
- Tending to someone who is sick
- Treating a cut or wound
- Putting in/taking out contact lenses
- Coughing, sneezing or blowing your nose
- Shaking hands
- Using or being in the bathroom
- Handling dirty laundry and garbage
- Playing or touching your pet
- Touching doorknobs or shopping carts

2 Avoid touching your face as much as possible.

3 Cough and sneeze into your arm.

4 Do not share objects that have been in other people's mouths, e.g. drinks/water bottles, lip products, musical instrument mouthpieces.

5 Avoid close physical contact with sick people.

6 Frequently disinfect keyboards, doorknobs and countertops.

7 Stay home if you feel sick.

8 Talk to a health care provider if you experience severe flu-like symptoms.



For more information, visit www.huroncounty.ca/health.