

# PREVENTION IS KEY

Prevent the spread of Coronavirus (COVID-19)



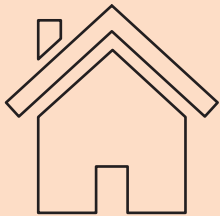
## WASH YOUR HANDS OFTEN

with soap and water for at least 30 seconds or use an alcohol-based hand sanitizer.



## AVOID TOUCHING

your eyes, nose and mouth with unwashed hands. Avoid close contact with people when you are sick.



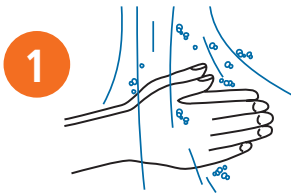
## STAY HOME IF YOU ARE SICK



## COVER YOUR MOUTH AND NOSE

with a tissue or your sleeve (not your hands) when coughing or sneezing.

## HOW TO HAND WASH



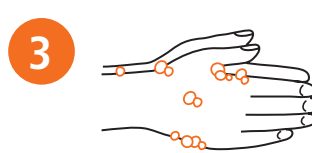
1

Wet hands with warm water.



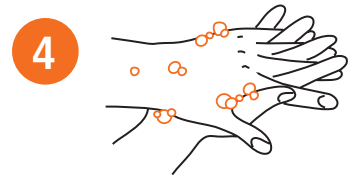
2

Apply soap.



3

Lather soap and rub hands palm to palm.



4

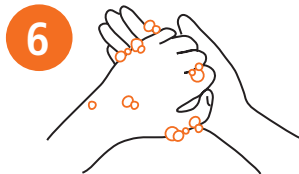
Rub between and around fingers.

**LATHER HANDS FOR A TOTAL OF 30 SECONDS.**



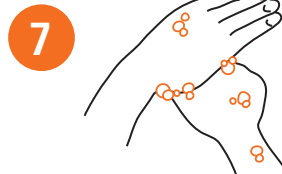
5

Rub back of each hand with palm of other hand.



6

Rub fingertips of each hand in opposite palm.



7

Rub each thumb clasped in opposite hand.



8

Rinse thoroughly under running water.



9

Pat hands dry with paper towel.



10

Turn off water using paper towel.

For accurate, up-to-date information and updates on COVID-19, please visit:

Vancouver Coastal Health: [www.vch.ca](http://www.vch.ca)

BC Centre for Disease Control: [www.bccdc.ca](http://www.bccdc.ca)