

# Healthy Habits 2.0

You Can Help **Stop** the Spread.

Good Healthy Habits, like physical distancing, washing your hands, and wearing a face mask can help stop the spread of germs and prevent the flu. Protect yourself and others from illness and help stop the spread of germs.



Physical distance of at least 2 metres from others.



Wear face masks (or face coverings) in all shared spaces or where physical distancing is not possible.



Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.



Avoid touching your face, especially eyes, nose and mouth.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash, or alternatively cough into your elbow.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick.