Help stop the spread of COVID-19

Symptoms of COVID-19 range from mild (e.g., fever, cough, runny nose and sore throat) to severe (e.g., shortness of breath and breathing difficulties).

Protect yourself and others



Wash your hands often with soap and water for at least 15 seconds.



Avoid greetings like handshakes and hugs.



Cover your cough or sneeze. Cough into your sleeve or elbow, not into your hand.







Don't touch your eyes, nose, and mouth.





Stay at least 2 metres (6 feet) away from people.



Don't share items.

