

HOW TO **PROTECT YOURSELF** FROM COVID-19



Wash hands for at least 20 seconds with soap and water



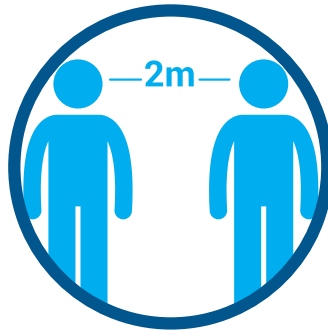
Avoid touching eyes, nose or mouth



Cough and sneeze into your sleeve



Clean and disinfect frequently touched objects and surfaces



Physical distance - stay 2 metres away from others



Wear a face covering when physical distancing is a challenge

Public Health Services

COVID-19 Hotline

905-974-9848

phscovid19@hamilton.ca

hamilton.ca/coronavirus

