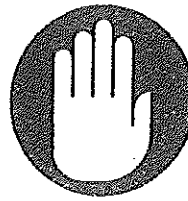


Prevent the Spread of Disease

To prevent the spread of infectious diseases and to keep healthy, follow these simple steps:



Stay home if you're sick



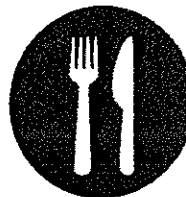
Keep your distance

Practice physical distancing. Keep a distance of six feet from others



Cover your cough or sneeze

With a tissue or into your sleeve. Throw your used tissues and masks into a covered, plastic lined container and clean your hands



Avoid sharing personal items

Especially those that come into contact with saliva, such as toothbrushes and eating utensils



Wash your hands often

Clean your hands with soap and water for 20 seconds, or alcohol based hand sanitizer. Avoid touching your eyes, nose or mouth with unwashed hands. Dry your hands with a paper towel. For those in self-isolation, if you do not have paper towel, use a towel that is dedicated to you only and keep the towel separate from everyone else's towels

Clean and disinfect

Clean and disinfect high touch surfaces at least twice daily. Use a product that states it's a disinfectant and follow manufacturer's instructions.

- High touch surfaces can include toilet handles, sink tap handles, doorknobs, light switches, electronics (cell phones, tablets, iPads, headsets, gaming devices, remotes) and bedside tables. High touch surfaces should be cleaned and disinfected at least twice daily, and more often if visibly soiled.
- Place contaminated items that can't be cleaned in a lined container; secure the contents and dispose of them with other household waste
- Put the lid of the toilet down before flushing

COVID-19 Info-Line

905-688-8248 press 7 Toll-free: 1-888-505-6074

Monday to Friday, 8:30 a.m. - 4:15 p.m.

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Information about COVID-19 is evolving. Guidance from the Federal and Provincial governments change often. Refer to our website.

niagararegion.ca/COVID19

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