## STAY HEALTHY

These tips will help you prevent the spread of COVID-19.



Maintain at least 2 meters (6.5 feet) between you and others, to help prevent the spread of COVID-19.







Wash hands often with soap and water for at least 20 seconds. If water's not available, use hand sanitizer.



Cover your mouth and nose with your **elbow or a tissue** when you cough or sneeze, and **dispose of the tissue.** 



Avoid touching your face.

If you must, whether it's to scratch
an itch or rub your eyes, make sure
to wash your hands beforehand.



Even if you're young, healthy, and feeling fine – stay home.

It's the best defence against the spread of Covid-19.

Thank you and remember, we're in this together.



Find up-to-date information here: **uwinnipeg.ca/covid-19**