

COUGH and **SNEEZE** into
your **sleeve** or **tissue**
and put your used tissue
in the garbage.



Avoid touching your... **EYES, NOSE** and **MOUTH**.

CLEAN your **HANDS**

Wash your
hands with soap
and water for
20 seconds.



OR

Clean your
hands with 60%
alcohol-based
hand sanitizer.



Peterborough
Public Health

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