

COVID 19 INVOLVES EVERYONE TO STOP IT FROM SPREADING



Individual Community Members can help stop the spread of viruses by:

Regular proper handwashing with soap and water

- After contact with high-touch surfaces
- Before and after touching the face
- Before and after handling food
- After using the washroom
- Use alcohol-based (minimum 60% ethyl alcohol) hand sanitizers if soap and water are not available



• Staying home when sick- Extremely Important!

- Avoiding close contact with people who are sick
- Covering cough and sneezes
- Coughing into flexed elbow
- Coughing into tissues and discarding
- Regularly cleaning high touch surfaces
- Calling the clinic before going to the clinic - if you or your kids are experiencing any Influenza-Like Illness (ILI) or COVID-19 symptoms
- Closing the lid of the toilet when flushing



• FACT: There is a risk of “fecal shedding” with COVID-19

(fecal shedding meaning: Infected poop can transfer to toilet seat and other places)

- Remaining calm: high stress increases the risk of becoming vulnerable to many illnesses
- Sanitize high traffic hand-touch surfaces (edges of doors, doorknobs..)