

COVID-19

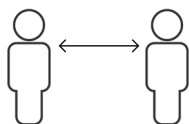
Novel Coronavirus

PROTECT YOURSELF AND OTHERS

The best way to prevent infection is to avoid being exposed to this virus. Everyday preventive actions can help prevent the spread of respiratory viruses, including:



Washing your hands with soap and water often for at least 20 seconds. If soap and water aren't available, use an alcohol-based hand sanitizer.



Practicing physical distancing and avoiding close contact with people who are ill.



Covering your cough or sneeze with a tissue, then throwing the tissue in the garbage. If a tissue isn't available, use your arm or sleeve.



Cleaning and disinfecting frequently touched objects and surfaces.



Avoiding touching your eyes, nose, and mouth with unwashed hands.



Stay home if you are ill.

It's important to turn to credible sources when you are looking for COVID-19 guidance and information. The Brant County Health Unit website is updated regularly as new information becomes available.