

Protect yourself and others with the help of our



Safety Checklist



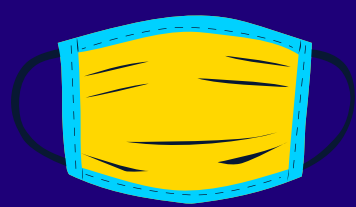
Wash your hands with soap and water for 20 seconds or more.



If your hands are not visibly dirty, clean them frequently with alcohol-based hand sanitizer.



Cover your mouth and nose when coughing or sneezing. Use tissue or your flexed elbow.



Wear a mask or face shield when outside your house.



Seek medical care early if you have a cough, fever, or are experiencing difficulty breathing.



Practice social distancing by keeping a 2m or 6ft distance from others.