

Help prevent the spread of respiratory infections, including COVID-19 and the flu.

We can all do our part.

Clean your hands often with soap and water or use hand sanitizer.



Cough and sneeze into a tissue or your sleeve. Wash your hands after handling nose and throat secretions (e.g. after throwing out used facial tissues).



Avoid touching your face.



Do not share water bottles, eating utensils, toothbrushes, toys or anything else that has been in contact with saliva, nose or throat secretions.



Keep common surfaces clean. Clean and disinfect surfaces, especially those that are high-touch areas.



Stay home when you're sick.



Avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing.



Durham Health Connection Line
905-668-2020 or 1-800-841-2729
[durham.ca/health](https://www.durham.ca/health)



If you require this information in an accessible format, contact 1-800-841-2729.