



HEALTH  
DEPARTMENT

# Help prevent the spread of COVID-19.

## 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/novelcoronavirus](https://durham.ca/novelcoronavirus)

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

