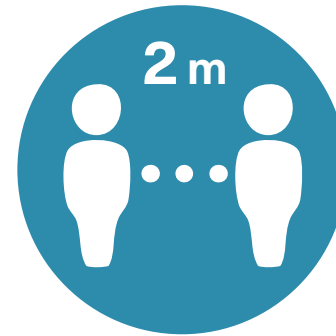




6 QUICK TIPS

to help you protect yourself, your family and your community from COVID-19



Sources: [Public Health Agency of Canada](#), [World Health Organization](#) and [Center for Disease, Control and Prevention](#)

QUICK TIPS

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Tip

1. WASH YOUR HANDS FREQUENTLY

This is the most important
thing you can do.



What you will need

A bar of soap
at the:

Kitchen sink

Bathroom sink

Tub or shower



How to do it

Regularly wash your hands
with warm water and soap,
for at least **20-30 seconds**.

Wash hands
when you get home,
after using the restroom,
before eating, etc.

Avoid touching your face.

Use hand lotion
to prevent dryness.

QUICK TIPS

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Tip

2. CLEAN YOUR HOUSE



What you will need

Rubber gloves

Homemade disinfecting cleaning solution:

1 bucket to mix
1 part cleaner
9 parts water

Broom

Cloth

How to do it

Dust and/or sweep.

Open windows and doors, to protect your lungs from cleaners.

Every time you clean, **prepare a new bucket** of cleaning solution.

Once per day, **clean the surfaces you touch most often** like tabletops, light switches and door handles.

Wash floors and wall. The more times per week, the better.

Clean your gloves with soap and water after each use.

Use the cleaner most appropriate for you and your family.

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Tip

3. CLEAN YOUR TECHNOLOGY



What you will need

Appropriate electronics cleaner

How to do it

At least once a day, clean cellphones, tablets, computer screens, keyboards, television, remotes and buttons, for example on toys.

Wipe down all sides.

Apply cleaner to your cloth, and not directly to your device.

4. DO YOUR LAUNDRY REGULARLY

Regular laundry soap

Wash your bed sheets, towels and cleaning cloths regularly or as soon as they look dirty.

QUICK TIPS

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Tip

**5. WATCH FOR
CORONAVIRUS (COVID-19)
SYMPTOMS :**

Cough

Fever

Trouble breathing

Chest pain



What you will need

Digital thermometer,
make sure to clean it
with rubbing alcohol
between uses

How to do it

Take your temperature
2 times a day: when you get up
and before going to bed.

Call your local health clinic or
provider if your temperature is
38°C or higher.

If you don't have a thermometer,
call your local health clinic if
you experience **signs of fever:**
sweating, chills and shivering,
headache, muscle aches, lack
of appetite, mood swings,
dehydration or general weakness.

**Avoid using
fever reducing medications**
(ibuprofen – Advil/ Motrin;
acetaminophen – Tylenol).

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Tip

6. PROTECT YOURSELF AND OTHERS IN YOUR COMMUNITY



Sources:

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How to do it

Practice **physical and social distance**.

Avoid crowded places and big groups.

Keep **2 metres from everyone** as much as possible.

Wave instead of hug or handshake.

Shop **when stores are less crowded**, if you can.

Send **only one family member to get groceries**.

Avoid non-essential travel.

Wipe down the grocery cart when you go to the store.

Use hand sanitizer where available.

Plan online meetups, instead of in-person ones.

If you or someone in your house is sick, **stay 2 metres away**.