

To prevent the spread of COVID-19 and all other respiratory illnesses please follow these guidelines:

- wash your hands often with soap and water;
- avoid close contact with people who are sick;
- cover your mouth and nose when you cough or sneeze; if you don't have a tissue, sneeze or cough into your sleeve or arm;
- if you use a tissue, put it in a covered bin immediately after use;
- avoid touching your face, eyes and mouth to prevent illness;
- clean and disinfect frequently touched objects and surfaces; and,
- get the flu shot, if you haven't already done so.