



# Protect Yourself

and others from COVID-19



**NANAIMO LADYSMITH**  
PUBLIC SCHOOLS

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# Stop the spread

Stop the spread of viruses that make you and others sick!

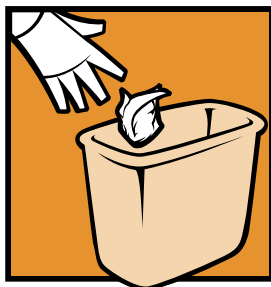
## Cover your mouth

and nose with a tissue when you cough or sneeze



## Throw tissues away

immediately



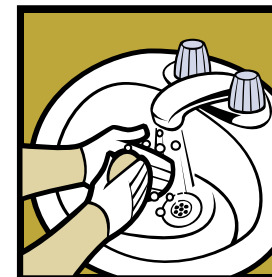
## No tissue?

cough or sneeze into your upper sleeve, not your hands



## Wash your hands

often with soap and water or an alcohol-based hand sanitizer



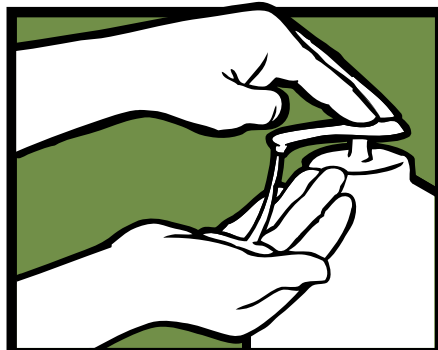
## Stay home

if you are sick



# Handwashing with Soap and Water

Viruses can live on hard surfaces for up to 2 days, and on hands for up to 5 minutes. Wash your hands often and keep yourself and others healthy.



**1 Remove jewelry.**  
Wet hands with water, add soap to palms and rub hands together to create lather.



**2 Thoroughly cover all surfaces** of your hands and fingers with lather and work fingertips into palms to clean under nails.



**3 Rinse hands well** under running water.

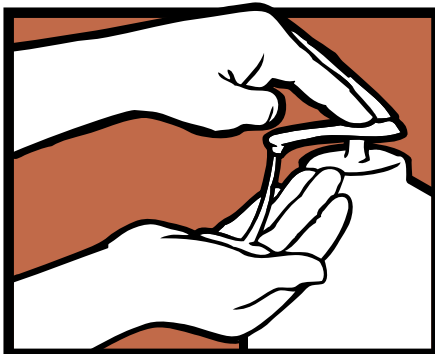


**4 Dry with a single-use towel** and then use towel to turn off the tap.

*Hands should be washed for a minimum of 10-20 seconds. To help children wash long enough, say ABC's or sing "Twinkle, Twinkle Little Star"*

# Handwashing with Alcohol-based Sanitizer

Viruses can live on hard surfaces for up to 2 days, and on hands for up to 5 minutes. Wash your hands often and keep yourself and others healthy.



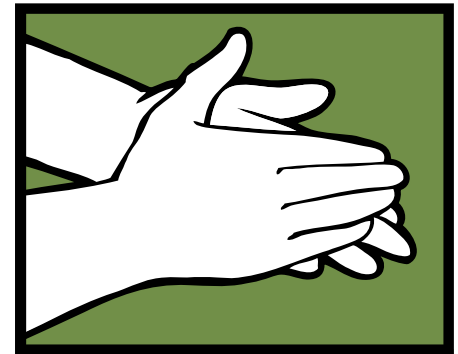
**1** **Remove jewelry** and apply enough product to keep hands moist for 15 seconds.



**2** **Rub product** in palms and thoroughly cover all surfaces of the hands and fingers, including the backs and each thumb.



**3** **Rub fingertips** each hand in opposite palm.



**4** **Keep rubbing** until hands are dry.

Do **NOT** use hand sanitizer with water. Do **NOT** use paper towels to dry hands.

*Note: Wash hands with soap and water if hands are visibly dirty. Some manufacturers recommend washing hands with soap and water after 5-10 applications of gel.*

# Stay home when you're sick or have influenza symptoms.



Get plenty of rest and check with a health care provider as needed.

# Avoid close contact with people who are sick.



If you are sick,  
keep your  
distance from  
others to protect  
them from  
getting sick.

**Cover your mouth and nose  
with a tissue when coughing or  
sneezing,  
and throw the  
tissue away  
immediately.**

It may prevent  
those around you  
from getting sick.



# Wash your hands.



Washing your hands often will help protect you from getting sick. When soap and water are not available, use alcohol-based disposable hand wipes or gel sanitizers.



# Avoid touching your eyes, nose or mouth.

You can become ill by touching a surface contaminated with germs and then touching your eyes, nose or mouth.



# Practice other good health habits



Get plenty of sleep, be physically active, manage stress, drink plenty of fluids, eat nutritious foods, and avoid smoking, which may increase the risk of serious consequences if you do contract the flu.



# Thank You



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