

Help Stop the Spread of Germs



- 1 MAINTAIN PHYSICAL DISTANCE**
Practice physical distance guidelines (stay 2 meters apart), and avoid contact with anyone sick.
- 2 WASH YOUR HANDS**
Wash your hands often with soap and warm water for at least 20 seconds.
- 3 WEAR A MASK**
Wear a cloth or disposable mask when in public settings especially where physical distancing cannot be maintained. Wear a mask if you have symptoms of COVID-19 or if you are caring for a person with symptoms.
- 4 AVOID TOUCHING YOUR FACE**
Avoid touching your eyes, nose, and mouth.
- 5 SELF-MONITOR**
Self-monitoring means paying close attention to how you feel to see if you develop any COVID-like symptoms. Use the BC COVID-19 Self-Assessment.
- 6 RECOGNIZE**
Stress can lead to anxiety and even panic. Recognize when it has become unmanageable for individual workers. Encourage self-care in the workplace.