# Covid-19 Prevention Flyer



SafetyNow

# COVID-19 PREVENTION

## What is Covid-19?

Coronaviruses are a large family of viruses found mostly in animals. In humans, they can cause diseases ranging from the common cold to more severe diseases such as COVID-19.

## Prevention & Risks

There are many things you can do to prevent the spread of COVID-19 in your community.
Below you will find preventative measures and actions you can take to stay healthy and prevent the spread of COVID-19.




WASH HANDS often with soap and water for at least 20s. It is the single most effective way of reducing the spread of infection.




CLEAN & DISINFECT your home with household cleaning and disinfectant products, it can help prevent the spread of illness including COVID-19.




WEAR A MASK it acts as a barrier and helps stop the tiny droplets from spreading when you cough or sneeze.




DISINFECT HANDS alcohol based hand rubs (ABHR) can be used to clean your hands as long as they are not visibly soiled.




SOCIAL DISTANCE Physical distancing means limiting close contact with others. When outside of your home, practicing social distancing by keeping two meters (six feet) away from one another is something we can all do to help stop the spread of COVID-19.




STAY AT HOME If you have symptoms, a diagnosis, or have been exposed (or potentially exposed) - self-isolate and protect coworkers and your community.

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