Infection Control Tips

To minimize the spread of any respiratory virus, including Novel Coronavirus 2019 (COVID-19):

- Make sure everyone in your household washes their hands with soap and water often. If soap and water are not readily available, use alcohol-based hand sanitizer, if hands are not visibly dirty.

- Avoid touching your face with unwashed hands.

- Use a tissue when you cough or sneeze and throw it in a garbage bin lined with a plastic bag. Wash your hands immediately afterward. If you don’t have a tissue, sneeze or cough into your sleeve.

- Stay home if you’re sick. If your kids are sick, keep them home from school.

- Clean and disinfect surfaces that are used often and shared by everyone in your home.

- If you plan to travel, always check ahead of time for current travel notices on the Government of Canada website.

For updated information about COVID-19 visit: [saskatchewan.ca/coronavirus](saskatchewan.ca/coronavirus)