

HELP PREVENT THE SPREAD OF COVID-19

Wash your hands often

- with soap and water for at least 20 seconds (count slowly)
- especially after using the washroom (really?) and before preparing food

Use (at least 60%) alcohol-based hand sanitizer if soap and water are not available.



CANADIAN
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Stay calm, be informed and visit
[Canada.ca](https://www.canada.ca) for trusted information.