

COVID-19: DON'T CATCH IT, DON'T SPREAD IT

Prevent household transmissions

Don't bring it home

Wash and disinfect hands immediately when you return home

Be careful with cellphones you carry outside.

Don't spread it

Keep high-contact surfaces clean

Door knobs, railings, light switches, remotes, faucets, etc.

Don't share towels or dishes

Serve meals individually when possible.

Wear a mask around elderly people

Also be careful around people who are chronically ill or pregnant, etc.

Don't allow it

Circulate air with proper ventilation

Using two distanced windows is effective.

If you suspect your family is infected, always wear a mask, use separate rooms, limit contacts, etc. Increase your measures to prevent infections!