

Stay healthy at Brock!



WASH

hands often with soap
and water for at least
20 seconds



AVOID

touching your eyes,
nose and mouth with
unwashed hands



CLEAN

and disinfect frequently
touched objects
and surfaces



COVER

your mouth and nose with
your elbow or tissue when
you cough and sneeze –
and immediately dispose
of used tissues



DON'T

shake hands

